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EVERYBODY COOKS: Three families show you how





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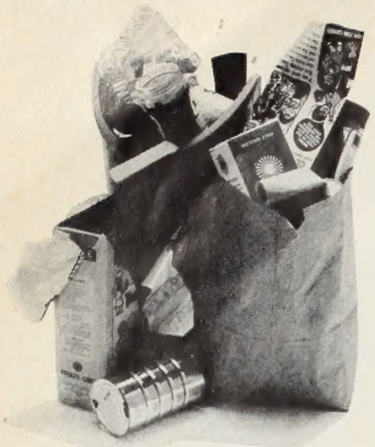


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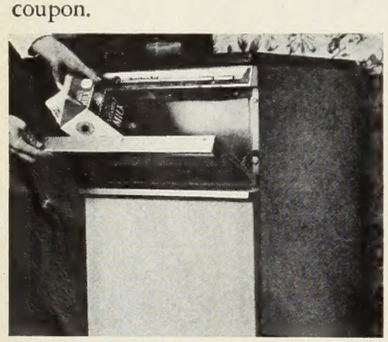
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Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — JANUARY, 1974; VOL. 52, NO. 1

FOOD
19 He cooks: Nut 'n chip cookies
60 Families that like to cook
70 Ethnic cooking made easier
73 Prize tested recipes
Cheese appetizers—Canned fish and seafood
80 Win money for your recipes

EQUIPMENT
66 These families like to cook—and their kitchens show it

FAMILY HEALTH
12 When the blues really get you down

FAMILY MONEY MANAGEMENT
6 A flexible work plan for married women
6 What to look for in an an annual report

CARS IN YOUR FAMILY
20 Little cars that act big

FAMILY GROOMING
46 How to make the most of your eyes

OF CONCERN NOW
4 Where does your food dollar go?

CRAFTS
48 How to beat the winter blahs
Crafts for family fun

HOME ENTERTAINING
54 Music makers to make
56 Games people make

FAMILY TRAVEL
85 Skimp and splurge vacationing in Hawaii

BUILDING
26 Beating the bare look: Step-by-step to finishing floors, walls, and ceilings
30 How to glamorize a bathroom

NEWS AND SHOPPING
82 How to order material from the magazine
94 Shopping editor's choice
For shopping information on products shown in this issue, see Buying Guide, page 93

Cover photograph: Hopkins; de Gennaro

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Where does your food dollar go?



estimates for 1973

Editor's note: *We Americans pay well to eat well. Although we spend less of our income for food than does any other nation in the world—only about one-sixth—we will spend an average of nearly $750 per person for food this year, by far the highest of any people in the world.*

That kind of money entitles us to ask some questions about where our food dollars go and what we get for them. In the series which begins with this article, we will be doing precisely that—tracing the food dollar from the farmer who plants the corn and feeds the pigs, on to the marketplaces where prices are first determined, then to the processors who convert pigs to pork chops, and finally to the retailers who sell them to you.

Our country's food system is the envy of the world, and deservedly so. But the very size and complexity of the system—employing directly or indirectly one of every six working Americans—suggests there may still be ways to make it more efficient. If so, it will mean more food for your dollar.

While recent concern about food costs has been largely triggered by spectacular price hikes of the past year, the fact is that our national grocery bill has been steadily rising for quite some time. It has almost doubled in the past ten years, from $80 billion in 1964 to the nearly $160 billion it's predicted we may spend in 1974.

Similarly, food spending per person has climbed from $420 a decade ago to this year's estimated $750. At this rate, it currently costs an average of almost $60 a week to provide food for a family of four. Consider where this $60 goes.

Approximately $23 of the $60 goes to farmers who produced the food. The remaining $37 is divided by those firms which process and package it in the form you want to buy it, transport it to where you want to buy it, stock it on their shelves, and to an increasing extent prepare and serve it to you and wash the dishes afterward.

More specifically, of the $37 remaining after the farmer has been paid, $8 is spent for services related to meals eaten away from home. That leaves $29 to pay the costs of getting food from the farm to the checkout counter. Of this, processors get $13, wholesalers and assemblers get $5, and retailers get $11. These amounts are shown in percentages in the chart above.

Who gets your food dollar differs considerably from one type of food to another. Out of each dollar spent at retail for beef and pork, for example, the farmer historically averages about 50 to 60 cents (although his share soared above 70 cents during recent meat shortages). In contrast, there is typically only about 14 cents' worth of wheat in a dollar's worth of bread, eight cents' worth of corn in a dollar's worth of cornflakes, and six cents' worth of beets in a dollar's worth of canned beets.

These figures help to tell you who gets your food dollars but they still don't tell you why your grocery bill is rising so rapidly. Who, for example, is responsible for the fact that the average American now pays nearly $750 a year for food, compared with $420 a decade ago?

In no small way, the average American himself is responsible. One reason it costs us more to buy food is because we're buying more food. More and *better* food.

Mainly we're eating more meat than we used to: About eight percent more pork, 16 percent more beef, and 37 percent more poultry meat per person than in 1964. Over the period of a year, that's equivalent to an additional 140 pounds of meat for a family of four.

We're also buying more "built-in" services with our food. That is, food that is better packaged to suit our individual needs, food that requires less time and effort to prepare and serve. Likewise, we're buying more snack foods and beverages, and eating more of our meals away from home. All of these trends would have added to the cost of eating even if food prices hadn't risen a dime since 1964. Even so, there is no avoiding the fact that higher prices are the major reason for higher food costs.

Getting back to the $750 the average American will spend for food this year, compared with $420 a decade ago, here's where the additional $330 is going:

Farmers are getting just under half of it—$153—due in large measure to high prices triggered by recent world food shortages. But also due to a six percent increase in the quantity of food we eat per person and to a continued upgrading of our diets.

The additional income for the farmer is by no means all profit. Farm production expenses since 1964 have more than doubled, rising more than 25 percent during just the past year. Even at current prices, no more than 12 cents of your food dollar represents net income to the farmer for his labor, investment, and risks.

Costs added *after* food leaves the farm account for most of the rise in your grocery bill—$167 of the $330 increase in per-person food costs since 1964. This is partly because we are buying more food, partly because we're demanding more services, and partly because of the rising costs of performing these services.

Together, these costs comprise what the Department of Agriculture calls the "marketing bill." It amounts to 61 cents of every dollar you spend for food and, with the exception of this past year, has been the major reason for rising food costs.

From 1964 to 1972, the latest year for which figures are available, the nation's food marketing bill increased from $53 billion to $77 billion, a gain of $24 billion. Of this, labor costs accounted for more than $15 billion, packaging costs for $3 billion, and transportation expenses for $2 billion. The remainder of the increase was due to higher costs for depreciation, rent, interest, etc.

Rising labor costs reflect not only higher wages but also increased volume and the trend to more built-in service. One such trend is the frequency with which we Americans eat our meals away from home.

In 1964, we spent $19 billion for meals prepared and served outside the home. In 1972, we spent $35 billion. Of the increase, farmers got $3 billion and $13 billion went for marketing services. This accounted for more than *half* of the total increase in the U.S. food marketing bill from 1964 to 1972.

Still another measure of our changing eating habits is the fact that, in 1972, 30 cents of every dollar spent for food in the United States went for meals eaten away from home. Ten years earlier it was less than 20 cents. Four-fifths of the meals eaten away from home are in public eating places, and the remaining one-fifth are in various types of institutions.

The growing popularity of quick-service restaurants specializing in such foods as hamburgers appears to be having a sizable impact on how Americans spend their food dollars. A surprising 40 cents of every dollar spent for meat in 1972 was spent away from home—a total of more than 14 billion dollars. The figure this year may be almost 20 billion.

Until recently, statistics such as these were of little importance to anyone but economists. That's clearly no longer the case. Along with making front-page news, food costs and where the dollars go have suddenly become subjects of national concern. And well they should be, for in the years just ahead our entire food system must somehow provide more food for more people—both here and abroad—than ever before. How well it succeeds in doing it will have a lot to do with how well you eat and how much you have to pay. ■

Coming next month:
A probing look at the farmers who produce our food, at how well they do it, and at some of the barriers to increased food production.



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A flexible work plan for married women

A national, nonprofit educational service called Catalyst has made it its business to help the family-oriented woman use some of her education and energy in the working world without sacrificing her homelife. In these days of high prices, the extra income could be essential to your family's welfare. Also, the chance to work outside the home, at least part time, could well make your life more satisfying.

Almost 20 years ago, Felice Schwartz, founder and president of Catalyst, sensed the conflict between work and family that troubled many women. Backed by five college presidents, she set out to find a reasonable solution for millions of wives and mothers. In 1973, she coauthored a book called, *How to go to work when your husband is against it, your children aren't old enough, and there's nothing you can do anyhow.*

Today, Catalyst has launched a national network of resource centers for women in more than 100 cities. Its purpose is to counsel and guide women who want to enter or reenter the working world after having been homebound for a few years. Such centers may not yet be available in your area. However, Catalyst publications will provide guidelines on how to pursue the program's objectives in your own community.

Here are some of Catalyst's ideas:

Flexible working hours

Catalyst has been instrumental in developing "new time" concepts (working from 9:30 to 2:30, for example) and flexible job scheduling for wives and mothers. While employers may take a lot of convincing, more and more companies are apparently pleased with the system once they try it. They report that they are impressed with the caliber and the retention rate offered by women who want to work part time on a schedule that fits their family life-style.

The most imaginative concept in the program is "partnership," sometimes called "job-sharing" or "piggybacking." With partnership employment, two people share one full-time position, each working half time (usually one in the morning and one in the afternoon, or two-and-a-half days a week each), and together they provide the employer with full coverage.

In 1965, Catalyst conducted a study of teachers in partnership in Framingham, Massachusetts. Here two fully certified teachers shared one full-time teaching position. The continuity of the program never faltered. Furthermore, there were special advantages: two heads available for problem solving, lack of absenteeism, less fatigue. One principal said his experience showed that each partner gave him the equivalent of two-thirds of a teacher, at half the price.

In 1968, Catalyst signed a contract with the Massachusetts Department of Social Welfare for a pilot project. A total of 50 women were employed to fill the positio of 25 full-time social workers Results indicate that the 50 wom en outperformed their counter parts on the full-time staff i calls, client contacts, and numbe of cases carried. The women wer stable employees, with maturit and commitment. Their attritio rate was only 14 percent—one third that of the full-time staf What's more, the progra aroused real interest: more tha 1,500 inquiries were received fo the 50 slots to be filled.

Catalyst also has documente case histories of co-librarian, c assistant museum curator, an co-director of national affiliate In these and other cases, succes rested on the women's havin complementary or identical skills similar goals and viewpoints, an good communication.

The organization is finding tha the two partners need not alway have similar backgrounds, how ever. This has resulted in spli level partnerships—that is, ha ing two women of different trai ing handle one position. Eac employee works half time at different skill and pay level t provide full-time coverage for single job.

Another innovative work pa tern is the location job, whic would permit an employee t work both at her home and at th office as time and various r sponsibilities demanded.

How can you benefit?

All told, only a few hundre women are pioneering now i these areas of work-time sche uling. Catalyst believes the futu holds many opportunities, an that enterprising women wit

continued

What to look for in an annual report

When you're considering buying stock in a company—or when you already own some shares—the annual report can be an extremely informative communication from the company. But you've got to be able to find the facts. And it takes some close study to see what's going on.

You needn't be an accountant to deal with the financial statements, however. All that's required to get the most from the report is common sense, patience, and time. If something does not add up, you'll realize it quickly enough. And if anything in the report has you really puzzled, ask your stockbroker and write the company. Usually a company is only too happy to respond to such queries.

While annual reports of U.S. corporations provide detailed financial information, and while more reports are making it easier to find what you want with intelligent precision, there is amp room for improvement. Don't b fooled by the fancy four-colo pictures on glossy paper, wit lots of graphs and soothing pro about new plants and futu plans. After all, everyone wan to put his best foot forward. Wh shouldn't the corporation, ar the management which is repor ing on its own stewardship, wa to look good, too?

As a rule, companies spen considerable sums of money put out a highly pleasing annu report. Your job is to dig und the fluff. Here are some thin you should look for:

continued

At 38, I got rid of 10 pounds and my gray hair, and went to work for a decorator.



Over the past few years I'd gotten a little fatter and a little grayer. Year by year. Maybe because my husband loved me too much. But deep down I knew. And here I was nearing 40.



Before when I'd had these feelings I'd work it off cleaning a closet or something. This time I knew I had to renew *myself*. It was painful but I went looking for a job.



I decided one thing I didn't need was gray hair. Every time I looked in the mirror it was depressing. That gloomy gray-brown color just wasn't me!...



I didn't want to use a peroxide dye though. I wouldn't *touch* my hair till I found out about Loving Care® lotion. It's not a permanent tint or dye. It's a gentle color wash.

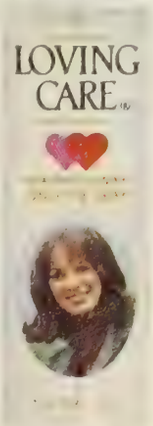


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Old Capitol tables are made from fine, rich maple and topped with Armor-Gard™, a surface that is virtually impossible to mar or gouge.

So you'll never have to gamble on whether Keller can take wear and tear.

Because we make it with pride. For people who like to be together.

It's more than just dining furniture. It's KELLER

Keller Mfg. Co., Sheboygan Falls, Wisconsin 53085

ontinued

A flexible work plan for married women

nown skills can sell these con-epts to local employers on a try us, you'll like us" basis. To hat end, the organization has een conducting an intensive ampaign for greater flexibility employment patterns.

In March, 1972, with funding om four foundations, Catalyst unched its first nationwide ef-rt to work directly with wom-n, local resource centers, em-oyers, and educators. In more an 100 cities it has linked up ith organizations that provide ducational and career counsel-g, and that place women in the orking world. You can find out here these local resource cen-rs are by writing *Catalyst, 6 ast 92nd Street, Dept. B, New ork, N.Y. 10028.*

If you are out of range of these filiates, you still may benefit om the publications Catalyst as developed to answer the ques-tions most women ask when they are thinking about employment outside the home. They include: the *Self-Guidance Series* ($1.25 each), which covers planning for work, résumé writing, and mounting a job campaign in your community; the *Education Opportunity Series* (70 cents each), which explores advanced study and helps you identify and find the right educational program for you, if additional training is necessary (ten specific fields of study are covered in as many booklets); and the *Career Opportunities Series* (95 cents each), which details career paths in 27 fields and presents an overview of specific job areas to help you select the right kind of job for you.

Catalyst welcomes inquiries and will send you at no cost a list of its publications; a résumé form for participation in the Catalyst Roster; a computerized listing by identification number of women who are available for employment on full-time and part-time schedules; and a referral to the network participant nearest to you. ■

ontinued

What to look or in an annual eport

e auditor's report

reparing financial statements, as y accountant will attest, is more art than a science. A corpora-on is an on-going business. verything does not stop at pre-sely midnight, December 31, or henever the company's fiscal ar ends. For that reason, the ning of the myriad transactions y business conducts is impor-nt, and accounting for the re-lts requires a measure of judg-ent. The independent auditors the CPAs (certified public ac-untants)—examine the finan-al statements and test the ac-unting records in order to cer-y that the statements present e data fairly and that they were epared on a consistent basis conformity with generally ac-pted accounting principles.

The first thing you should do read that certification. If there's y departure from what's called oilerplate" language—if there's y phrase sticking out, such as e certification is "subject to" e thing or another—watch out. e auditor is putting you on no-e, or else he wouldn't have ed qualifying language. Such rtifications are known as "qual-ed," which means the company r one reason or another (it may be minor) did not get a clean bill of health.

Remember, the auditor is not endorsing the financial statements. If he's strongly opposed to any representation in the audited statements, he'll take an exception. Or, if he's totally in disagreement, he'll most likely deny an opinion or withdraw from the assignment. But in the case of an unqualified report, all he is saying in his certification is that the financial statements, as presented, are in conformity with that particular CPA's interpretation of generally accepted accounting principles.

The footnotes

Thanks to the SEC, footnotes no longer require a magnifying glass to read. But that doesn't mean you won't scratch your head. Auditors, for some reason, use non-English. They write elliptically, which often means that something does not always say what you think it says. But stick with it. The footnotes are an integral part of the statement, and they can tell you a lot.

There has been a change in depreciation practices, for instance, which might coincidentally inflate earnings and hide problems elsewhere. (Depreciation is a non-cash charge against profits. If those specific expenses are stretched out over a longer period of time, the "load" obviously is less and profits run correspondingly higher.)

continued



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So you'll never have to gamble on whether Keller can take wear and tear.

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A flexible work plan for married women

nown skills can sell these con-epts to local employers on a try us, you'll like us" basis. To at end, the organization has een conducting an intensive ampaign for greater flexibility employment patterns.

In March, 1972, with funding om four foundations, Catalyst unched its first nationwide ef-rt to work directly with wom-n, local resource centers, em-oyers, and educators. In more an 100 cities it has linked up ith organizations that provide ducational and career counsel-g, and that place women in the orking world. You can find out here these local resource cen-rs are by writing *Catalyst, 6 ast 92nd Street, Dept. B, New ork, N.Y. 10028.*

If you are out of range of these ffiliates, you still may benefit om the publications Catalyst as developed to answer the ques-tions most women ask when they are thinking about employment outside the home. They include: the *Self-Guidance Series* ($1.25 each), which covers planning for work, résumé writing, and mounting a job campaign in your community; the *Education Opportunity Series* (70 cents each), which explores advanced study and helps you identify and find the right educational program for you, if additional training is necessary (ten specific fields of study are covered in as many booklets); and the *Career Opportunities Series* (95 cents each), which details career paths in 27 fields and presents an overview of specific job areas to help you select the right kind of job for you.

Catalyst welcomes inquiries and will send you at no cost a list of its publications; a résumé form for participation in the Catalyst Roster; a computerized listing by identification number of women who are available for employment on full-time and part-time schedules; and a referral to the network participant nearest to you. ■

ontinued

What to look or in an annual eport

he auditor's report

reparing financial statements, as y accountant will attest, is more art than a science. A corpora-on is an on-going business. verything does not stop at pre-sely midnight, December 31, or henever the company's fiscal ar ends. For that reason, the ning of the myriad transactions y business conducts is impor-nt, and accounting for the re-lts requires a measure of judg-ent. The independent auditors -the CPAs (certified public ac-ountants)—examine the finan-al statements and test the ac-unting records in order to cer-y that the statements present e data fairly and that they were epared on a consistent basis conformity with generally ac-pted accounting principles.

The first thing you should do read that certification. If there's y departure from what's called oilerplate" language—if there's y phrase sticking out, such as e certification is "subject to" he thing or another—watch out. he auditor is putting you on no-e, or else he wouldn't have ed qualifying language. Such rtifications are known as "qual-ed," which means the company r one reason or another (it may be minor) did not get a clean bill of health.

Remember, the auditor is not endorsing the financial statements. If he's strongly opposed to any representation in the audited statements, he'll take an exception. Or, if he's totally in disagreement, he'll most likely deny an opinion or withdraw from the assignment. But in the case of an unqualified report, all he is saying in his certification is that the financial statements, as presented, are in conformity with that particular CPA's interpretation of generally accepted accounting principles.

The footnotes

Thanks to the SEC, footnotes no longer require a magnifying glass to read. But that doesn't mean you won't scratch your head. Auditors, for some reason, use non-English. They write elliptically, which often means that something does not always say what you think it says. But stick with it. The footnotes are an integral part of the statement, and they can tell you a lot.

There has been a change in depreciation practices, for instance, which might coincidentally inflate earnings and hide problems elsewhere. (Depreciation is a non-cash charge against profits. If those specific expenses are stretched out over a longer period of time, the "load" obviously is less and profits run correspondingly higher.)

continued



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Clorox. It does more than the wash.

ntinued

What to look or in an annual eport

Footnotes also detail any anges in accounting practices; funded pension costs; the na- re of deferred charges; the ethods used in valuing inven- ies (another important influ- ce on earnings); any special arges and their nature; and a ore detailed schedule of a com- ny's long-term debt, which will ve you some idea of the near d long-term capital needed to ect repayment.

e balance sheet

ou'll find this on pages headed ssets" and "liabilities." The fig- e at the bottom of one page ll equal that at the bottom of e other—hence, they are in alance." You can make a fast eck of the company's working pital position by comparing rrent assets with current liabil- es. This will vary from business business. In most cases. a ratio one-and-one-half or two-to- e is considered reasonable.

Also under assets, look out for ch things as capitalized de- rred charges (a sign that money being spent but not being reg- tered as a current expense) and odwill (a catchall phrase that ay reflect the excess of the nount paid to acquire a com- any over the book value of the quired company).

Under the liability side of the dger, check for reserves. Are ey really adequate? Also, how as debt been faring—both the ort- and long-term varieties? debts are growing too fast, it eans interest expenses will also ount.

While you're at it, take a look t stockholders' equity. Have ere been marked changes in ch things as shares of stock is- ued, dividends paid, accumu- ted earnings, and so forth? Also ok for deferred income taxes usually a perfectly legitimate henomenon, but something that hould trigger you to ask how nd why they occurred, and hether they are related to more han the fact that corporations eep a different set of books for ax purposes).

he income statement

This is where the sales, cost, and ltimately profits—and how ey're derived—are spelled out. ecurity analysts talk about the bottom line," but a lot goes into he profit-and-loss statement be- ore that final earnings figure is otted up.

"Our RCA color set has been good all along–since 1956."

Mr. and Mrs. William Lustig, Brooklyn, New York.



Old Reliable.

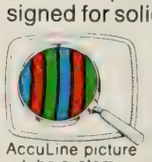
Actual closed-circuit rec

The Lustigs were delighted when we asked how they've enjoyed owning one of the first RCA color TV sets. "This set is our baby," beamed Mrs. Lustig. "It's always worked fine . . . we've watched it a lot over the years," commented Mr. Lustig. "Very few repairs," added his wife.

It's always nice to hear good things about our color and our reliability. To get an expert opinion on the latest RCA achievement—the XL-100s, we showed our portable 15″ diagonal XL-100 to a TV director in Hollywood, Mark Warren. Mark has worked on many television programs. He says about the XL-100, "Quite sharp, brightness is very good on it."

In a studio, technicians "paint" the TV picture electronically so the best possible color can be transmitted to your set at home. Mark says it's frustrating to spend hours getting a decent picture and not be able to see it when he gets home. With this XL-100 portable, Mark says he gets, "the closest reproduction of my work that I have se home."

Part of the reason is the RCA AccuLine picture tube system—de signed for solid state color portab It has a simplified d that results in pictu with brilliant color, contrast and sharp tion. Mark likes the AccuMatic IV tunin "...you get a sharp, bright picture the preset tuning." That's becaus



AccuLine picture tube system

his RCA XL-100 –"is very close to ne color we get on the studio monitor."

Mark Warren, TV Director, Hollywood, Cal.



New Reliable.

above, photographed separately under controlled lighting. XL-100 portable shown, model ES354.

of the ACM button automatically color, tint, brightness and con- within a normal range. As Mark "It's a no-fuss, no-bother set!"

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ark Warren is one of the many TV sionals who own RCA color TV. *uth is, based on recent nation- amples, more top TV cameramen, V chief engineers, more TV rs and more independent TV technicians own RCA than any olor TV. And more people own RCA XL-100 than any other solid state color TV.*

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RCA

See if costs are unusually hi or have varied significantly fro the prior year. Check the san for interest expense. Then glan at *pre-tax* earnings and taxes. Y may find that earnings aft taxes are higher from one ye to the next only because of special credit or some such thin which lowered the tax load. O viously, fully taxed earnings th grow are worth a good deal mo in the market than profits whic went up only because Uncle Sa got less.

Here, too, you'll find out ho per-share earnings are calculate Look especially for the *dilute* per-share figure. This tells yo the per-share earnings based upo the number of common stoc shares that would be outstandin if everything, such as convertibl bonds, options, and warrant were changed into common stoc —as they might well be unde certain circumstances. Tha would mean many more share of common stock to share in th company's future earnings, an less income per share.

The funds statement

This details the flow of funds— how and where the money cam from, and how it was applied The report is interesting reading although you'll have to use you own judgment concerning th value of management decision That goes for the prose section of the statement, too, which tel you a bit about the company' activities in a general sort of way as well as its overall business philosophy.

Just remember, even the financial statements of annual reports don't tell you the whole tale. Lots more pertinent information is filed with the Securities and Exchange Commission. If you have access to such files, great. Most people don't even if they did have the time. But a careful, diligent perusal of the annual report will usually enable you to get a solid sounding of the financial affairs of almost any company. And once you've gone over the financial statements you can then, if you choose, turn to the company itself and see what the president of that company has to say for himself. ■

Family Money Management Next Month:

- Tax tips to save you money
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When the BLUES REALLY GET YOU DOWN

If the Fifties were the age of anxiety, one psychiatrist has written, the Seventies are the age of melancholy. Depression—serious, debilitating, deep-down bouts of gloom that drain the energy and paralyze the will—has risen to the status of a national epidemic. The widely publicized case of Senator Thomas Eagleton, who withdrew from the 1972 vice-presidential race after disclosure of his two episodes of depression, highlights the problem, but it's not confined to political candidates.

One in eight Americans can be expected to require treatment for depression in his lifetime; four to eight million will need help this year. And depression's precise toll may never be measured. Suicide, the most obvious and tragic outcome, now ranks as the fifth largest killer in the 15-to-55 age group, claiming as many lives as diabetes or leukemia. But unrecognized depression may also be an underlying cause behind the sharp upswings in drug addiction, alcoholism, marital breakups, and job unrest.

Ninety-five percent of even the severely depressed can be totally cured—if their condition is identified early enough. But sadly, because almost everyone feels blue or down in the dumps sometimes, many cases of depression go unrecognized and untreated until too late. Overwhelmed by his mood, the victim quits his job, seeks a divorce, sells his house, or even takes his life before those around him realize that this is more than an ordinary "low" period. Yet the warning signals of genuine depression are quite unmistakable—and the role of family and friends in coping with it is crucial.

Here are answers to basic questions about depression—and information every family should have about this increasingly common, and seriously crippling, disease.

If everyone has the blues sometimes, what distinguishes a truly severe case?

Its persistence, for one thing. Dr. Aaron Beck of the University of Pennsylvania, a noted authority on clinical depression, says: "When the Monday morning blahs are still around on Friday, or the weekend slump continues through the following week, it's time to suspect something more serious." Any "low" period that stretches more than a few days should be a matter of concern, especially if the person's mood grows progressively darker, instead of brightening with time, as might be expected. Another clue is that the mood dominates the person's whole being, so that he no longer seems able to work, relate to people, or "snap out of it."

Perhaps the strongest indicator of serious depression is a marked change in the person's behavior. People often say of a depressed person, "Jane just isn't herself," and the characterization is accurate. With depression, the conscientious mother suddenly begins to lie abed and let the children shift for themselves. The successful businessman suddenly becomes indecisive and forgetful, and seems unable to concentrate. The activities which once gave him pleasure now seem to have lost all their savor. He can't laugh, won't eat (although, conversely, some persons abruptly begin to gorge themselves), and loses interest in sex. He may snarl at his family, or withdraw into a shell and sever contact with them. His sleeping habits will be disturbed. He will have difficulty falling asleep, or may awake in the middle of the night and thrash about until dawn, agonized by his grim thoughts. Or he may take long, drowsing naps during the daytime, as a means of escape. Regardless, he will be fatigued and haggard.

His physical condition will change, too. He may complain of vague aches and pains and constipation, or even become convinced that he has cancer or that his body is decaying inside. His complaints may not be wholly imaginary, either. Often the depression does indeed lead to physical symptoms, as his lack of appetite and constant fatigue lower his resistance.

The most ominous indicator, of course, —and one that should never be ignored— is when he begins to speak of suicide, or make such remarks as, "Life is not worth living." Another bad sign is when he stops talking about the future. Oddly, although outbursts of weeping or hand-wringing are common, sadness itself is an unreliable weathervane. Many victims of depression may not appear sad, and may even present a smiling front. However, this can indicate that they have simply given up. Dr. Beck says that a real danger period in serious depression is when the victim suddenly and unexpectedly seems to brighten. The apparent upturn may actually mean that, after an agonizing period of indecision, he has decided to do away with himself—and the decision has lifted a burden from his shoulders. Dr. Beck warns that this may actually allow the family of a potential suicide to relax their precautions, making it easier for him to carry out his decision.

To aid in diagnosing cases of mild to severe depression, Dr. Beck has devised a Depression Inventory for use by family physicians. In it the patient is asked to choose among statements which describe his feelings about himself, in such areas as sadness, sense of failure, guilt, loss of appetite, suicidal ideas, insomnia, and loss of libido. For instance, in the "suicidal ideas" category he is offered a choice ranging from "I don't have any thoughts of harming myself" to "I would kill myself if I could." Each answer is assigned a score, and the scores are totaled. According to Dr. Beck, the most reliable index is in the area of pessimism. The patient who answers, "I feel that the future is hopeless and things cannot improve," is the one to be watched.

But don't people often have cause to be depressed—the death of a loved one, the loss of a job, serious illness?

Of course. And the normal response to the loss of a person one loves is grief. Yet even when the loss seems cruel, the normal mourner recognizes that with time the wound will heal, however large its scar. When a man loses a job, he may be shattered temporarily, but ordinarily he recognizes that eventually he will be back on his feet. The depressed person more often feels that things will never be the same, that life has no meaning or purpose. Or he may blame himself for the death or the setback, and conclude that he is unworthy to live. And the period of mourning or disappointment drags on and on. The widow who is still confined to her home a year after her husband's death, for example, is not grieving, but depressed.

Actually, at least eight out of ten serious depressions, according to one estimate, are triggered by just such events. Many psychiatrists identify two types of depression: *exogenous,* arising from causes and events in the person's life, and *endogenous,* which seem to crop up for no apparent cause from within. Others say that if you look deeply enough, you always find a precipitating cause for depression, even though it may seem inconsequential to the outside observer.

Dr. William Bunney, Jr., of the National Institute of Mental Health depression study section, once probed the lives of 40

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continued

Beating the blues

patients hospitalized both as endogenous and exogenous cases. He found that before the onset of the depression, all had suffered episodes of stress—an average of four per patient—and most commonly these were sexual and marital problems. Dr. Beck suggests that the problems have a cumulative effect. He recalls one patient who weathered the death of her husband and the death of her dog, only to collapse when her canary died.

Dr. Thomas Holmes of the University of Washington School of Medicine once tabulated 43 events which might be expected to occur in any person's life and assigned them numerical values ranging from death of spouse (100) to a minor law violation (11). He then had an experimental group keep track for a year of which events had happened to them. When the results were totaled, 86 percent of those who scored 300 or more had experienced a major health change, including depression.

The events which precipitate depressive episodes aren't necessarily sad. The "Christmas blues" are legendary. Senator Eagleton's first hospitalization came after he had won a hard-fought campaign for state attorney general —which presumably should have left him exhilarated.

Doesn't depression run in families?

Certain types may. The manic-depressive type—in which episodes of black despair alternate with wild periods of hyperactivity and glee—seems commonly to be passed from parents to children. And a study by Washington University of St. Louis has shown a notable correlation between depressed children and depressed parents. A few psychiatrists hold that this is not a matter of simple inheritance but the result of growing up in a gloomy atmosphere; children who are separated from their manic-depressive parents at birth appear to grow up normally. The more accepted view of manic-depressives, however, is that a genetic defect causes a biochemical malfunction of the brain. Certain substances in the brain called neurotransmitters, which help translate nerve impulses into physical actions, register at lower levels during depressed periods than during manic ones.

Some researchers feel that eventually all cases of depression will be explained in physical terms. They note that certain drugs (like reserpine, used t control high blood pressure) an certain illnesses (like mononu cleosis) bring on depression, an that depression can be altered b the administration of medicatio or electric shock. These inciden lead them to believe that depre sion actually results from an a yet-unexplained disturbance c the brain's neurochemistry c neuroelectricity.

Aren't certain types of peopl depression-prone—movie star artists, people who are in the pul lic spotlight?

The famous dark moods of Abra ham Lincoln, the tragic death c Marilyn Monroe, the self-mut lation of Vincent Van Gogh— such cases have led to the theor that creative and sensitive peopl high achievers and celebritie are especially depression-pron But cumulative evidence ind cates that such individuals a simply more visible. People fro all occupations, races, and i come groups can be found at fre psychiatric clinics. Myrna Weis man, co-director of the depre sion research unit at Yale Un versity, says: "No group is in mune. The problems and sym tom patterns of all socioeconom levels and racial backgrounds a similar."

One group identified by Pen sylvania's Dr. Beck as partic larly vulnerable to depression a those who were dazzlingly su cessful in early life, so that the never became familiar with th taste of defeat. With their fir setback, they often crumble. Co lege officials know the phenom non as "valedictorian's depre sion." It occurs when a stude who has always led his class su denly discovers that all his fe low freshmen have led the classes, too.

According to Dr. Beck, a se ond group prone to depressio are those who lost one or bo parents in childhood. This giv a child the idea that loss is irr vocable and makes him thr times as likely to be thrown in depression by a disappointme in later life than is one who parents survived his childhood.

Certain watermark periods life also leave a person suscep ble to depression. A woman wh has concentrated her energies raising her children may feel d pleted and deserted—"the empt nest syndrome"—when th grow up and leave home. A ma who has pointed to a single c reer goal may fold when he rea izes he will never achieve it. I deed, such events more oft cause depression than do t more tragic ones like a death the family: the leading cause exogenous depression in men

career failure, in women a breakdown of interpersonal relations.

Age increases the risk of depression, too. Suicide is six times more common in the 60-70 age group than in younger groups. However, a recent—and alarming—trend shows both depression and suicide rising sharply among persons in their 20s, according to Yale's Mrs. Weissman. The number of young suicides has doubled in ten years, making suicide the second leading cause of death for 15- to 24-year-olds.

Isn't depression primarily a woman's disease?

For every man who seeks treatment for depression, three to four women do. But the figures are misleading—perhaps meaningless. Mrs. Weissman points out that society traditionally allows women to admit weakness and seek help, whereas the man must keep up a brave front, however severe his agonies. Significantly, she says, male alcoholics outnumber female alcoholics, and more men succeed in killing themselves, even though women make more suicide attempts. And when men do receive treatment for depression, it is usually because they came to a doctor first with physical complaints.

Doctors formerly contended that women in their 40s were susceptible to a form of depression called "involutional melancholia," presumably brought on when menopause altered the hormonal flow. Most now doubt its existence. They say the old diagnosis merely represented male bias. However, the women's movement may be causing more depression and suicide among its followers. Nancy Allen of the UCLA Center for the Study and Reduction of Violence reports that suicide among young working women—especially black women—has shown a "tragic increase" since 1960.

How long does an episode of real depression usually last?

According to Dr. Beck, an episode usually "bottoms out" within three weeks, after which the patient begins to improve. A rare case of depression may linger six months. However, unless the condition is diagnosed and treated early, its course is inexorable. "The bomb must be defused before it bursts," Dr. Beck says, "or the damage is lasting."

It's true that even the most severe cases of depression eventually cure themselves—unless, of course, the patient has done something drastic in the interim. But cases left untreated are likely to recur, and the next episode will be more severe. If treatment still is not forthcoming, severity will increase and attacks come more frequently. Dr. Floyd M. Estess of the Stanford University Medical School Psychiatry Clinic estimates that a person with one untreated attack of depression runs a 50-50 risk of a second within three years.

How do doctors treat episodes of depression?

Treatment usually is simple and short. First the patient is often given antidepressant medication —mood-elevating drugs. These sometimes have unfortunate side effects, like drowsiness and feelings of weakness, but usually the drugs stabilize the situation and relieve symptoms. However, the drugs don't work for everyone and, in any case, they require about two weeks to begin to take effect. In emergency situations with a high suicide risk, the doctor may prescribe electric shock treatments, which get more immediate results. This treatment consists of six to eight jolts of electricity applied to the surface of the head. Unlike drugs, shock treatment does not prevent further depressive episodes.

After the drugs take hold, the doctor typically begins psychotherapy—"the talking cure." The methods vary from doctor to doctor, but usually the doctor tries to reassure the patient and encourage him to talk out—"ventilate," Mrs. Weissman says—his worries. The doctor tries to help him view his life realistically.

Often the mere attention of a sympathetic outsider, guiding him through the situation logically, is therapy enough. For instance, Dr. Beck recalls a patient who had attempted suicide because, she said, "My whole life is a failure." The psychiatrist asked her age. "Sixteen," the girl replied. Suppressing a smile, he asked how she could have reached the conclusion so early. Because, she told him, a person's youth was supposed to be the period of greatest happiness, and she was miserably unhappy. Obviously, only more misery could lie in the future. Probing gently, the psychiatrist found that the girl was an aspiring painter whose work did not meet her own high standards. He convinced her that her most creative years lay ahead.

Dr. Beck says he tries to get

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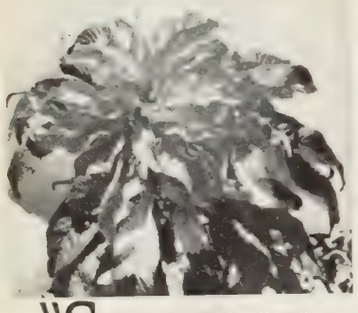
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continued

Beating the blues

the patient to focus on, and improve, three areas: his view of himself, his attitude toward the future, and his outlook on the world. Commonly, a depressed person will declare that he has no friends, that his burdens are overwhelming, and that nothing lies ahead but disaster. The psychiatrist tries to show him that these feelings are exaggerated and over-generalized. Merely enumerating his circle of friends or describing happy times to come may be sufficient.

The depressed person usually can be taken off medication within two months, although some are given a "maintenance" dosage afterward. Psychotherapy lasts longer. In severe cases, hospitalization may be required, although most doctors consider it a last resort.

If you suspect that someone in your family is sliding into a serious depression, what should you do?

First, get him to a doctor. It need not be a psychiatrist nor a mental health clinic. A family physician, for example, is qualified to diagnose most cases, treat many, and recommend specialists for severe ones. Time is important. The earlier treatment begins, the better the chance of preventing further attacks.

Second, give the depressed person your full support. See that the whole family recognizes that he is sick, and suspend all family confrontations and recriminations until he has recovered. Most psychiatrists agree that the family is at least as important in treatment as medication or psychotherapy. Attitudes should be warm, concerned, and kind. This does not mean gushingly oversolicitous; that may actually deepen the depression. The victim may feel he is not worthy of such treatment, or he may conclude that your actions are not honest and genuine. The other extreme, however, is far more damaging. "The one thing that never helps," declares Stanford's Dr. Estess, "is to say, 'Oh, come on, get up and stop babying yourself!' "

The best course, according to Dr. Beck, is to keep the victim busy. Physical activity is more beneficial than mental activity. The patient's whole day should be scheduled, like a student's school program. Plan activities that he has enjoyed in the past and make all the preparations for him—buy tickets for the theater, arrange golf partners, reserve the tennis court. In severe depression, the person should be brought back to everyday routine gradually, assigned simple tasks first, then more complex ones.

It is important that someone stay with the victim *at all times* —not only to avoid a suicide attempt, but to reinforce him constantly with moral support. Yale's Mrs. Weissman even suggests that a family member stay awake with the depressed person when he's suffering from insomnia. In any case, it is crucial that everyone recognize the real need for understanding.

How do you know when a depressed person is recovering?

The best clue is a return to normal sleep—when he gives up his catnap retreats—or at least begins to sleep soundly from night to morning. A second clue is a revived appetite. And a third, surprisingly, is when he becomes cranky and criticizes others. This indicates that his mood is no longer turned inwards and he has stopped blaming himself for everything.

Can depression be prevented?

Many psychiatrists believe it can. The best preventive, says Dr. Beck, is a balanced life and that, ideally, starts in childhood. A child needs love, attention, and shelter from harm. But he also must learn to face challenges and overcome them, cope with difficulties and problems so that future setbacks will not defeat him. He should even be permitted to experience a degree of failure, for failure helps him to learn and to grow.

An adult should try to develop broad interests, so that no single defeat or disappointment destroys him. A woman should participate in activities outside the home, against the day when her role will change from homemaker-mother. A man should seek outlets beyond his career, so that a job failure does not leave him broke and hopeless, groping for something worthwhile in his life.

To combat depression, Dr. Beck says, one must recognize that disappointment comes to all of us—that there will always be clouds mixed in with the sunshine. When disappointment comes, the natural response is sadness, as inevitable as the swelling that follows an injury. But as the swelling subsides and the injury heals, so will the sadness end and the disappointment eventually fade away. "A little faith in the future, mixed with a little stoicism," says Dr. Beck, "can go a long way toward preventing depression." ■

(Written in cooperation with Edwin Kiester, Jr., a noted medical writer.)

KS

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Photograph: Hedrich-Blessing

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University didn't leave
time to make bread, he
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Little cars that act big

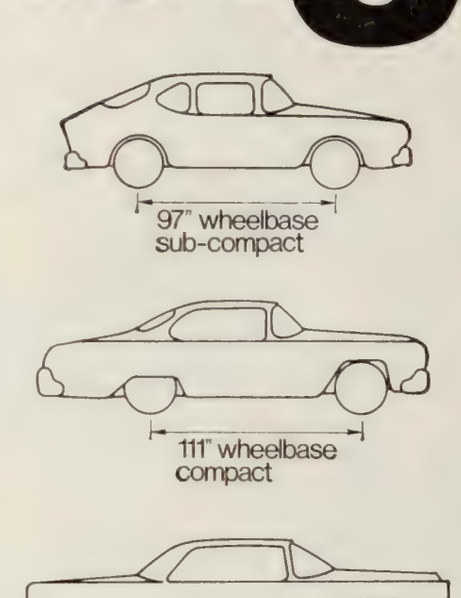
Automobile manufacturers in our country, as you may have noticed, are no longer producing small cars that are just low-priced, scaled-down copies of their full-sized sedans. Instead, today's small car, through design and use, is displacing the traditional family station wagon as all-around utility vehicle, at a savings in size and price. Detroit designers have "space engineered" the new small car to provide maximum interior room coupled with trim exterior dimensions. The swing-up tailgate on hatchback models helps them serve a dual purpose. They perform well as urban cars that can move and park in congested areas and as vacation vehicles that can cruise at turnpike speeds with a full load of passengers or cargo.

Most domestic models (except Maverick), feature fold-down rear seats with complete load floor access through the trunk. This lets you carry awkward loads that wouldn't fit well in a conventional sedan—planks of lumber, small furniture, skis, or peat moss bales, for example. All versions have skyrocketed in popularity with families who occasionally need near-station wagon hauling capacity but whose day-to-day requirement is mainly economical transportation.

This new breed of car includes two distinct size and price categories: the *sub-compacts* like AMC Gremlin, Ford Pinto, Chevy Vega, and imports such as Colt, Datsun, Opel, Toyota, VW, and others; and the *compacts* such as AMC Hornet, Plymouth Duster, Dodge Dart, Ford's Maverick and Mustang II, GM's Apollo, Nova, Omega, and Ventura.

Paradoxically, the small-car buyer often demands economy but then buys luxury, with the result that most compacts sold today are top-of-the-line models. For a fully equipped small car, the list price will vary between $2,500 and $4,000, so don't be blinded by $2,099 advertisements; that's without any of the wide array of options available, including air conditioning, stereo, power steering, front disc brakes (standard on most imports and the new Mustang II), sporty interiors, trailering packages, custom chrome and paint, sun roof, tinted glass, radial tires, and more. But one of the economies in owning these cars, besides reduced gas consumption, is a lower depreciation rate. Equipped with popular options, they hold their value longer than standard size higher priced cars do. Used-car dealers in these energy-conscious times report a scarcity of little cars and ask high prices for the few on the lot (many dealers report a buyer waiting list). This means less money out of your pocket at trading time.

Small cars handle basic family transportation needs quite well. Sub-compacts are essentially two-passenger vehicles, but most models have small rear seats that will hold a couple of girl scouts or little leaguers. All sub-compacts can accommodate the week's grocery shopping with ample room remaining for smaller items. Compacts, and a few imported sub-compacts, comfortably seat four adults, and can even seat five or six for a short haul.



WHAT EXTRA WEIGHT COSTS YOU
This table, based on tests performed by the Environmental Protection Agency, shows how significant car weight is to fuel economy. Miles per gallon figures were obtained during simulated commuter trips of seven miles with typically equipped cars. Fuel cost figures were computed using a per gallon cost of 40 cents for a 10,000-mile period.

Vehicle test wt. (lbs.)	Range of MPG	Average MPG	Fuel costs for 10,000 miles
2,000	22-27	25	$160
2,500	18-23	20	$200
3,000	13-18	15.5	$260
3,500	10-18	14	$285
4,000	8-13	11	$365
4,500	8-14	10	$400
5,000	8-11	9.5	$420
5,500	7-10	8.5	$470

Compared to a full-sized station wagon, the space-designed compact makes a lot of dollar sense as an all-around family car. The list price on a fully equipped wagon may range from $4,000 to $6,000, substantially higher than a compact (even equipped with popular options) having almost the same utility value. The truth is that a lot of people buy station wagons and rarely use the space, thus paying a premium in operating and maintenance costs over the entire ownership period. Wagons are heavy, as much as 1,500 pounds more than a compact and 2,500 pounds more than a sub-compact. It takes extra gas to move extra weight, a point to keep in mind when ordering heavy options such as air conditioning and power steering. On pollution-controlled engines it is not unusual for a full-sized, eight-cylinder wagon to average eight miles per gallon, while the four-cylinder sub-compacts will give 18-25 mpg. The basically lighter imported sub-compacts can get as much as 34 mpg in highway travel.

Today's engines must be kept well tuned, and fewer cylinders mean fewer spark plugs to replace or re-gap. Larger engines require more quarts of oil for a change and more antifreeze in the cooling system. Shock absorbers, brake shoes, and tires are more expensive for large cars than for small ones. Total labor charges (computed at about $10 per hour in most places) for work on four- or six-cylinder engines are also lower, because these smaller engines are less complex. In fact, more and more small-car owners are tuning up the engines themselves.

Another large saving can be realized on insurance rates, which can be 20 percent lower on little cars than on full-sized cars. Considering all of these factors, the total difference in cost (purchase price and operating expense) between a large wagon and a small car can easily be more than $2,000 in a three-year period. It seems an expensive difference for transporting occasional loads of sheet plywood or shrubbery.

Some careful thought is required when equipping a small car, particularly regarding power team selection. Initially, American manufacturers were overly concerned with getting advertisable gas mileage comparable to imported competition, something that never quite happened. As a result, the base power teams in some sub-compact models are a bit light and are required to work harder, which can result in somewhat sluggish operation. But they will do the job and get good mileage. If

continued

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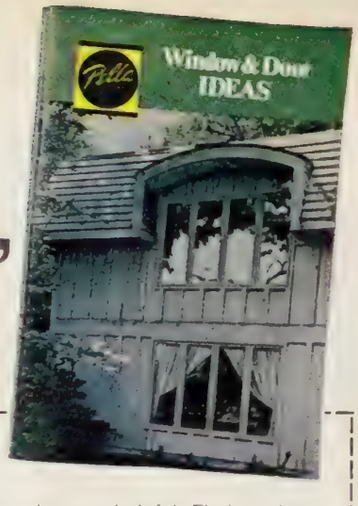
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continued

Little cars that act big

you frequently drive on freeways or over hilly terrain, it's best to select a higher horsepower (or as often quoted on four-cylinder engines, "cc" for cubic centimeters) version of the standard engine when it is offered. On sub-compacts with four-cylinder engines, a four-speed manual transmission will help performance and mileage. Rear axle ratio is important, too, and the selection of an optional "performance" or "trailering" ratio over the standard "economy" ratio, say a 3.08 rather than a 2.73, will add zip to the car with little adverse effect on gas mileage. All of the compacts perform well with the standard six-cylinder engine, but you should select a small eight cylinder or a V-6 if you intend to tow a small trailer.

Carefully check the kind of spare tire that comes with the little car you choose. To small-car designers, spare tire storage is a problem akin to penning a St. Bernard in a one-room apartment. Most manufacturers offer a "Space Saver" spare, an ingenious, easily stored answer to the problem. The "Space Saver" spare is stored collapsed and is inflated by a gas bottle for emergency needs, but there are some drawbacks. The spare is not designed for everyday use and will not serve as a replacement when one of the regular tires wears out. However, it can be reused as a spare, provided a new compressed gas bottle is purchased, and it is compact and easily stored under the load floor or in a side panel. Without the "Space Saver" option, you're likely to have a fully inflated tire and wheel smack in the middle of the load area, except in one imported model where the spare is lowered from the undercarriage.

But what about interior space in a small car? Today's unit body construction has the frame and body as an integrated assembly rather than separate components. The entire unit is welded instead of bolted together, adding great strength and eliminating squeaks. A welded body does not require as much interior structural work and permits more practical use of interior dimensions. But the major benefit of unit body construction is reduction in the overall weight of the car. This, in turn, makes smaller engines practical, along with smaller axle assemblies, brakes, cooling systems, and tires. Each of these reductions eliminates weight without affecting performance. The use of aluminum in engine blocks, transmission cases, and certain body parts also reduces weight. Plastic trim parts, too, are used extensively. Plastic is light, stain resistant, rust free, easily cleaned, and can be shaped in configurations that allow maximum interior storage space. For example, one small-car model has a molded plastic door panel with a handy storage compartment cast in the armrest for maps, sunglasses, and driving gloves. Another model has a storage bin for small items between the dash and transmission tunnel. On cars with bucket seats, a storage compartment is often part of the center console. One hatchback has a package tray under the full length of the dash.

With the rear seat folded down, additional storage is available in the rear foot wells. The area on either side of the drive shaft tunnel will hold tennis gear, tackle boxes, shoes, or blankets. Several manufacturers offer an underfloor compartment in the rear suitable for small flat objects like an attaché case. For oversized, bulky items, you can order an optional rooftop luggage rack. If you want a square, as well as long load area, you can get both in imported and two American subcompact wagons. AMC's compact-size Hornet is available in a wagon, too.

In a demonstration of carrying capacity, a college student loaded a Detroit-made sub-compact hatchback with a locker trunk, a 14-inch TV set and stand, a portable stereo record player, a 20-inch window fan, a 1½-cubic-foot refrigerator, a full bag of golf clubs, bedding and two pillows, a two-suiter flight bag, a gym bag, a box of records, a portable typewriter, a tennis racket, a sleeping bag, and assorted smaller items such as books and a desk lamp. He then drove 500 miles to school over 70 mph turnpikes and averaged over 2[illegible] miles per gallon of gas. The car was equipped with the higher horsepower four-cylinder engine, automatic transmission, and performance axle ratio.

Some of the hatchback models are also right for the outdoorsman or weekend traveler. With the hatch up and the rear seat down, the load area converts to sleeping quarters with the aid of a pop-up tent costing about $8. Little cars are rugged enough to traverse primitive roads to a lakeshore or hunting camp, but the sub-compacts suffer from low road clearance and will hang up on a six- to eight-inch snow or a deeply rutted road. Compact models can be expected to do as well as any full-sized car in the[illegible] situations. ■

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BEATING THE BARE LOOK

By David Haupert

step-by-step to finishing floors, walls and ceilings

It all starts when you put a few boxes in one corner of the basement—temporarily, of course. A few months later, another corner disappears behind a stack of old dishes "too nice to get rid of." The months—or years—tick off, more floor space bites the dust, and before you realize it, you've become the supervisor of your very own mini-warehouse.

It's a familiar syndrome, and a sorry one since warehouse space is worth roughly half that of single-family living space. So, why not convert that basement storage space to a comfortable living area? It makes sense, particularly if your quarters are becoming cramped and you're investigating alternatives. A basement remodeling costs considerably less than a room addition.



If you plan to salvage a basement room, probably the toughest job is finding a new spot for all of the paraphernalia you've accumulated. But once you've decided which items to toss, give away, sell, or relocate (attic, garage, other basement areas), the rest of the job is relatively easy.

We started with a typical basement room (exposed ceiling joists, concrete-block walls, cement floor), then remodeled it three times, using different materials for the floor, walls, and ceiling each time. The three basic materials in each example not only complement each other, but also are completely interchangeable with their counterparts in any of the other combinations. And, these materials and methods can be applied to any other rooms you care to tackle.

Buying information, page 93

Photograph: David Jordan







1 Treatment number one combines indoor-outdoor carpeting wallpapered or painted drywall, and oak flooring—on the ceiling.

2 Standard 12x12-inch ceiling tiles, cedar shingles, painted drywall, and parquet flooring are the ingredients of this remodeling

3 Here, we've blended hardboard paneling, vinyl floor tiles, and a suspended ceiling for a more formal look.



Indoor-outdoor carpet—thanks to its foam-rubber backing—is ideal for any basement installation where there might be moisture. And the carpet is so stable it can be laid loose, although we did use adhesive around the borders to ensure immobility.

Drywall is easy to work with, and it's also economical. Once all joints and nail dents are filled, drywall can be painted or wallpapered for a variety of effects—from bold stripes to muted pastels.

Although you'll pay more for an oak ceiling than for some of the more standard alternatives, you may decide its rich appearance and durability are worth the higher cost.



Carefully measure both the floor and the carpet, then cut the carpet so it overlaps about one inch on all sides. Position it properly, fold back the edges, then apply spray adhesive, if available, to the foam backing all around the border; or spread a regular carpet adhesive directly onto the concrete, using a notched trowel. (If the room is wider than the carpet, butt two sections together and adhere the junction to the floor with adhesive or double-faced carpet tape.)





Press all borders firmly against the floor, then trim off the excess strip with a sharp utility knife or professional carpet trimmer. (You can rent professional tools, or you may want to purchase a kit now on the market that includes the trimmer, a trim knife, line, chalk, and instruction booklet—all for about $8.)

After papering or painting the walls, install the base molding as pictured. You may also want to add a shoe molding (sometimes called quarter-round). Miter the outside corners, if any, and either miter or cope-joint the inside corners. To cope-joint, nail one of the two intersecting pieces to one wall so it butts squarely into the corner. Then use a scrap of molding as a pattern and trace its contour onto the other piece of molding. Carefully cut along the line with a coping saw, and you've got a cope joint.



Starting from one corner, mark vertical lines on the wall every 16 inches. Cut 1x2-inch furring strips—two to run horizontally at the top and bottom of the wall, and enough others to fit vertically at both corners and centered on each guideline. Nail the top horizontal piece to the plate, then apply a generous bead of panel adhesive along the bottom of the wall. Press the bottom strip against the bead for an instant, remove it temporarily, then reapply when the adhesive becomes tacky (roughly ten minutes). Mount all vertical strips the same way, alternately running beads and pressing strips.





Nail ½-inch, tapered-edge drywall to the furring wood, using special ring-shank nails every six inches along the strips. Indent each nail slightly. If you have to cut off a portion of the 4x8-foot panel, score it with a utility knife first, then break the material by snapping it away from the score. Cut openings for electrical boxes with a keyhole saw. Box in the window openings, then nail a metal bead to the outside corners.

Fill the joints by spreading joint compound in the tapered areas with a putty knife. Then press two-inch-wide perforated tape into the joint, holding the knife at a 45-degree angle. After the compound dries, add a second coat, preferably using a joint trowel to feather the edge. If you have to add a third coat after the second coat dries, be sure to feather it out at least 12 inches; then sand lightly. All nail holes will require two, possibly three coats. Finish inside corners much the same way you treated the joints, but crease the tape before using it.



Start the first oak strip in one corner—perpendicular to the joists—and nail through the tongue into the joists at a 45-degree angle. (Start the nails in the groove at the base of the tongue, and use a nail set to prevent damaging the oak when the nail head gets close to the tongue.) Be sure to leave a ¼-inch space between the oak and the wall to allow for expansion. Don't be concerned if the end of each strip doesn't fall on a joist; the tongue-and-groove design will tie all pieces together to produce a flat, uniform surface.





For the best appearance, avoid positioning pieces so the end joints line up. Use a scrap of wood as a pounding surface to force each board tightly against the next piece. If the ceiling has any irregularities, cut a cardboard pattern before attempting to build around them.

The last course—and possibly the next-to-last row also—cannot be blind-nailed (nailed through the tongue). Instead, nail straight into the face of the oak. Avoid possible injury to your hand by drilling pilot holes and starting the nails before positioning the boards in the final courses. Use color-matched wood putty or a putty stick to fill the holes.

2

A square-tile ceiling is probably the easiest of all to install, particularly if you don't have to fight troublesome irregularities or protruding equipment.

We shingled one wall to contrast with the three painted surfaces, although any combination of the two will look good. If your basement is below grade and you choose to waterproof the walls before you cover them, use a waterproofing paint that's compatible with the shingle adhesive.

The parquet flooring we used is a rich-looking stained oak that comes in 12x12-inch squares, ¼ inch thick. Wood flooring should not be applied directly to cement, because moisture may cause buckling. A raised subflooring solves that problem, however.



Position 1x2 or 1x3 furring strips every 16 inches, fastening them to the floor with generous beads of panel adhesive. If the floor is uneven, shim up the strips where needed with shim shingles. Using galvanized box nails every six inches, fasten 4x8-foot sheets of ⅝-inch particle board to the strips. (Unpack the parquet blocks and store them in the room for 72 hours so they can adjust to the room's atmosphere.)

Draw two guidelines, each connecting midpoints of opposite sides of the floor. Temporarily position the corner of one parquet block at the center of the floor, then form two rows of loose blocks into an "L" that extends to the walls. If the space for the last course of blocks at one or both walls measures less than six inches, back up the entire "L" six inches and establish a new starting point.

Spread wood-flooring mastic over half of the floor, using a ¼-inch notched trowel. Beginning at the point you established earlier, start to build a pyramid by laying a three-block base, adding one block above the middle base block. Then finish the pyramid by progressing up one side to the peak and back down the other side until half of the floor is filled in. Follow the same sequence for the other half, tapping each block with a mallet and scrap of wood to assure tight junctions. (To cut blocks for the last course, see instructions on page 29 for trimming floor tile.) Leave a ¼-inch space along all borders and 1/32 inch between the base molding and the blocks. Attach the molding to the wall, rather than to the parquet blocks.







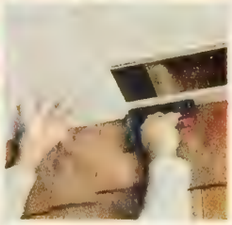
For the starter course, apply a bead or two of panel adhesive along the entire length of the wall at a height that will hit roughly in the middle of a shingle. Press each shingle firmly against the wall. (If you use #3 cedar shingles, you'll find occasional holes in the bottom half of the shingle. If you don't want to be quite as rustic, use #2 shingles.)

Run two or three beads of adhesive for the next course, and so on. To maintain parallel rows, stretch a string between two nails—one at each end of the wall—to locate the bottom edge of each course. Stagger the shingles to break up the monotony of parallel horizontal lines, and overlap at least half of each preceding course.

Trim the shingles for the top course and position them about a half inch from the bottom of the ceiling joists. After the ceiling has been installed, a piece of molding will cover the sawn edges. You have three options for finishing the shingles: leave them natural, stain them, or paint them to complement—or contrast with—the color of the painted walls.







Nail 1x2 or 1x3 furring strips perpendicular to the ceiling joists, placing the first one flush with the wall and using a spacing strip to position all others exactly 12 inches on center. (If the room dimensions aren't in even feet, make a diagram to determine sizes of the partial tiles around the border, then adjust the spacing of the second and next-to-last furring strips accordingly.)

Wash your hands before handling the tile. Install the first piece in one corner, nailing along the border and stapling the opposite edge. (Two staples—one at each corner—will suffice.) Be sure to follow instructions accompanying the tiles, because the positioning of interlocking faces depends on the grooving technique and can vary by brand. Incandescent light fixtures the size of one tile can be recessed into the ceiling easily, but be sure to run the wiring before you close off access to the fixture.

Use a utility knife and straightedge to cut partial tiles. Staple or nail along the outside edge of the last row. Check the completed ceiling for fingerprints or smudges and remove any you find with wallpaper cleaner. As the last step, install crown molding, nailing up into the joists on the end walls and into the ceiling furring strips on sidewalls, rather than into the shingles.

3

The 12x12-inch vinyl flooring tiles are applied directly to the concrete simply by peeling off protective backing paper and pressing the tiles against the floor.

The 4x8-foot paneling also goes up relatively fast, and the great diversity of colors and designs on the market allows a wide range of decorative effects.

We installed a relatively new suspended ceiling system that hides the supporting channels and does a good job of camouflaging boundary lines between the 1x4-foot tiles. To cover protruding mechanical gear, the system's network of cross tees and [illegible]s can be dropped a maximum of three in[illegible] from the ceiling joists—or lower, if wir[illegible] hangers replace the special joist clips.



First, clean the floor thoroughly. Then strike two intersecting guidelines and experiment with loose tiles to locate a starting position, as done in the parquet floor installation. (If you prefer to use tiles that aren't self-adhesive, spread a special mastic onto the floor, using a notched trowel. Carefully follow the directions accompanying the mastic, because the amount of area to trowel and the drying time needed can vary by brand. Don't apply more mastic than recommended; too much will give you seepage problems.) Be sure to butt each new tile against its neighbor, then lower it, rather than slide it into place. Tile one-fourth of the floor, carefully using the guidelines as boundaries. Complete the other three sections, one at a time.

When ready to trim the last course, temporarily position the tile to be trimmed directly over another in the next-to-last course. Then place a second tile flush against the wall, overlapping a portion of the first tile. Using the top tile as a guide, score the tile under it with a utility knife. The piece you break off will fill the remaining space.

After all border pieces are laid, base molding that matches the paneling will cover any irregularities that may appear along the edge.



Fasten 1x2 or 1x3 furring strips to the wall horizontally at the top and bottom and vertically every 16 inches. Metal furring strip fasteners, panel adhesive, or a combination of both make the job easy. If you think you may need additional electrical outlets in the future, now's the time to install them. (Special shallow boxes are available for ¾-inch furring.) And if you want to insulate, use ⅝-inch-thick paneling insulation with a moistureproof liner.

Carefully mark all cutouts on the paneling and remove them with a keyhole or saber saw. Test the positioning of panels before applying adhesive, then run generous beads of adhesive along enough furring strips to accommodate one panel. Press the panel against the adhesive, partially drive one nail into the top of it, then pull the bottom of the panel away from the strips about eight inches and prop it there with a block of wood until the adhesive gets tacky. Finally, remove the block, press the panel firmly against the wall, and tap all glued edges with a mallet and padded block.

Install base molding (at bottom) and window and door trim now, but don't nail up crown or cove molding (at top) until you've completed the ceiling. Fasten moldings to the wall with finishing nails and mount matching trim pieces for outside and inside corners with panel adhesive. Be careful not to get adhesive on the surface of the paneling. If you do, immediately remove the adhesive following instructions on the tube.



Determine the new ceiling height (no more than three inches below joists unless wire hangers are used) and snap a level chalk line on all four walls. Fasten the metal wall molding to the walls, nailing at least every two feet. If the walls are longer than the ten-foot sections of molding, butt the pieces together, rather than overlapping them. Butt or miter at the corners.

Cut off the flange edge of all tiles that form the first row, then rest the first 1x4-foot tile on top of the wall molding in a corner of the room, running it perpendicular to the joists. Attach a special joist clip to the joist directly above the leading edge of the tile. If you want maximum drop (three inches), position the clip accordingly and nail it to the joist. If you don't need any drop, simply shove the clip up against the bottom of the joist, allowing four sharp metal "ears" to dig into the wood joists.

Slip a four-foot cross tee onto the flanged edge of the tile, then snap the tee into the joist clip. Continue along the wall, adding more tiles, clips, and tees. (Tees lock into one another at their ends.) Cut the last tile in the first row ⅜ inch short of the end wall to accommodate a small wall spring that pushes the row of tiles tightly together. Originate all remaining rows from the same wall on which you began the first row. Start the third row with the piece that was cut off the last tile in row two, and so on. Place two tiles into position before inserting the cross tee that bridges them.

HOW TO GLAMORIZE A BATHROOM

By Stephen Mead

If you're planning a new bathroom—or if you're about to rejuvenate an old one—the design options open to you are virtually limitless. So, why settle for a conventional grouping of fixtures surrounded by dull shapes and drab surfaces? With careful planning, you can make your new—or renewed—bathroom as imaginative and as expressive as the rest of your house.

To demonstrate, we've collected ten contrasting designs—in varying shapes and sizes—that are strong on creativity. Each has a personality of its own, yet one may excel for an entirely different reason than another. Some designs stand out because of their uncommon materials; others depend on fascinating shapes or unusual layouts. But, all have at least three things in common: they're functional, visually interesting, and *affordable*. And, they will probably spark some ideas that are just right for your new bathroom or remodeling project.

This bathroom is strong on personality, yet it's simple and disciplined. Tongue-and-groove redwood and a sloped, beamed ceiling are the touches that set it off.

Redwood requires virtually no upkeep, other than a coat or two of polyurethane varnish to maintain a consistent color. And, its rugged warmth brings an entirely new look to a dull decor.

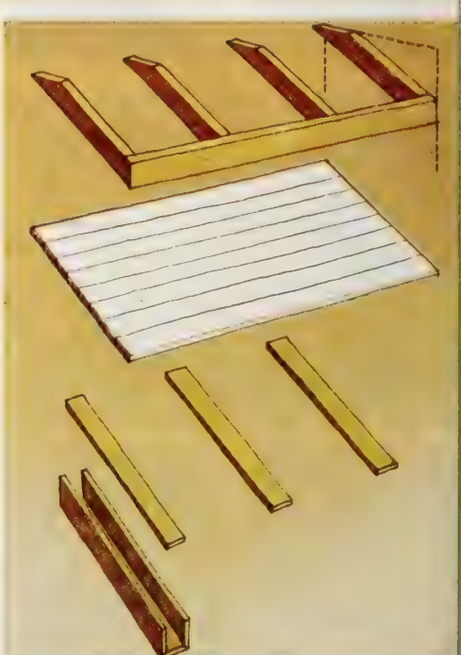
The sloped ceiling is surprisingly easy to install. To duplicate it, just follow the instructions below.

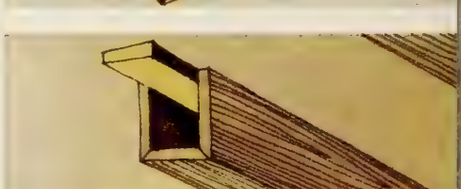
Design Sponsor: Eljer Plumbingware



Photographs: Mike Dieter. Designer: Stephen Mead

Buying information, page 93





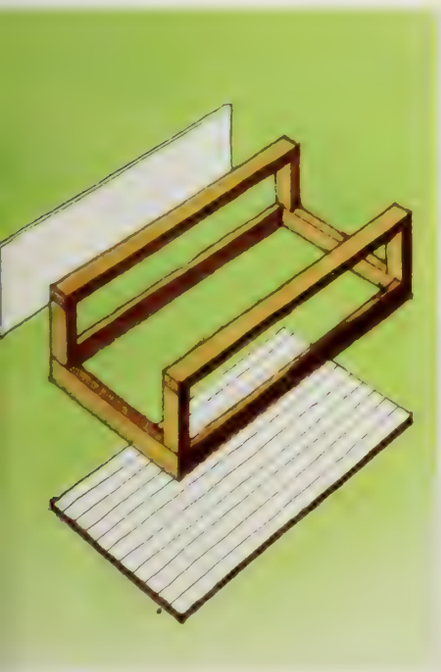
Start by making the 2x4 framework. Carefully determine angles, working from a scaled diagram. (Keep the lowe side at least 80 inches above the floor for sufficient headroom.) Then install redwood 1x4s, nailing at a 45-degree angle through the tongues. Space 1x4-inch pine strips for the beams at equal intervals (roughly every three feet), nailing into the redwood. Use rough-sawn 1x6-inch pine to construct the beams. Position the beams onto the 1x4 strips and nail from e ch side.



Here, the prominent feature is a mini-structure of oak and painted drywall separating the vanity from the one-piece tub/shower. The unit's dropped ceiling—or bulkhead—above the toilet combines with a change in floor coverings to add dimensional interest. Note the matching oak section behind the shelves.

Strips of 25-watt bulbs, available through most lighting retailers, brighten the entire room. The vanity provides ample storage capacity for the average family.

structions for making the bulkhead e detailed below.



Build the basic skeleton in two ctions before nailing them into sition. First, connect the two top eces and the four short legs, then nail e unit into the ceiling and walls. r extra stability, toenail the depieces into the walls and into the ort legs. Finally, attach the two eces of drywall to the sides and cover e bottom with oak flooring, nailing rough the tongues into the 2x4s.



BATHROOM

A handy pocket door converts this bathroom into two separate privacy areas, when needed.

Louvered doors, stained to match the walls, conceal his-'n-her medicine cabinets on each side of the mirror. The soffit houses fluorescent fixtures that illuminate the vanity area through "eggcrate" panels.

Standard window shutters—mounted on tracks as shower doors, with louvers sloped inward—abet the rugged barn-board appearance of the hardboard wall paneling.





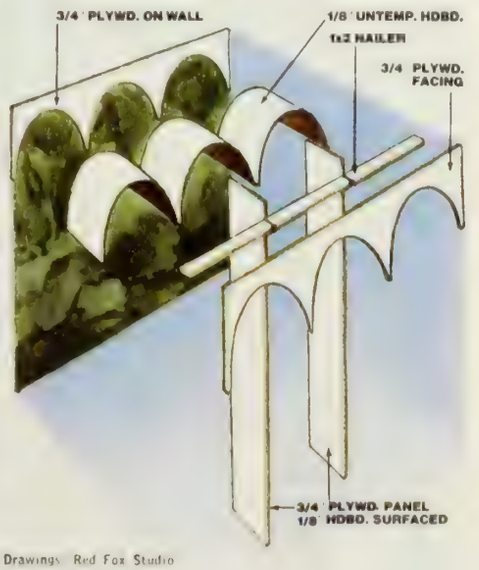
BATHROOM

Graceful arches shape the personality of this bathroom and tie together its three functional areas. Despite their imposing appearance, arches like these can be built by the average do-it-yourselfer.

This same design concept can be adapted to other bathrooms simply by rearranging and/or expanding the three areas. Basic guidelines for building the arches, regardless of size, are detailed at right.



Start out by cutting four pieces—the facing board, its twin for the back of the arches, and the two floor-to-ceiling dividers—all from ¾-inch plywood. (The two tips of the facing board that overlap the dividers narrow to ¾ inch and terminate in line with the centers of the arcs.) Nail the backpiece to the wall and attach the dividers to it, using ledgers. Next, cut three 1x2-inch nailers and attach them to the ceiling, flush with the front of the dividers. Then nail up the facing board.



Drawings: Red Fox Studio

Cut four pieces of ⅛-inch hardboard to a length equal to the distance from the floor to the lowest points of the facing board and nail them to the sides of the dividers. (They'll act as stops for the curved arches that go up later.) Then cut two one-inch-wide pieces (rails) from ¾-inch pine and nail them onto the fronts of the dividers, covering the plywood and hardboard edges, and butting tightly against the bottom of the facing boards.

Cut the arch "ceilings" now from ⅛-inch untempered hardboard. To install, butt one edge against the top edge of hardboard attached to the divider, then force the piece into the contour of the arch, nailing into the plywood as you proceed. Taper the two edges that meet the outside walls so the edges feather neatly.

Fill all joints with spackling paste and sand before painting.

Buying information, page 93

BATHROOM

Here's a skillful mix of old and new. The new lavatory and vanity blend well with the older fixtures, and supply essential storage space and counter surface. (The counter narrows at the front end near the doorway.)

Tongue-and-groove cedar planking gives the room a warm, natural look.

Mirror tiles on the ceiling combine with the skylight and painting to create a bright, wide-open feel.

The sisal matting on the floor suits the rugged individuality of the overall design.

Top right: There's no crowded feeling here, despite the limited space and lack of windows. The reason: rows of circular mirrors and lights recessed in the wall create the illusion of sunny spaciousness.

Sand-finish cement plaster on the walls produces a rough-textured surface to contrast with the fixtures.

Bottom right: Here's another example of a design that's attractive mainly because of its simplicity.

The soffit not only gives an interesting shape to the ceiling lines, but it also positions the recessed lights close to the mirror.

Each side of the mirror unit opens toward the center for access to storage; the center section pivots to produce a variety of reflected images when the outside wings are open.

The limited counter surface borrows space above the toilet tank.

Architect: Jerome Brown & Assoc. Designer: Cherry Brown



Photographs: Hedrich-Blessing. Designer: Wayne Williamson

Buying information, page 93





Architect: Jerome Brown & Assoc. Designer: Jayne Dranias

BATHROOM

his older, more spacious bathroom an afford the luxury of a wall-to-wall anity ledge, complete with a eparate makeup area.

The oversize window, usually an bstacle to good design, is handled xtremely well. Shutters shield e opening so the once useless wall an handle a lavatory and mirror.

A low parapet wall gives the tub ottom) a built-in-look, yet preserves e wide-open feeling of the room.

Bathroom supplies are stored in a nit on the wall opposite the tub.

tographs: Mike Dieter, Architect, Richard Cumming



Bottom right: Fixtures and cabinetry are crisp and clean-cut to allow the material covering the ceiling, soffit, walls and linen-closet door (at right) to set the mood. Here, dramatic graphics dominate the design. Stripes, florals, or geometrics would give this room an entirely different personality.



Top right: This bathroom shows that good design *can* be inexpensive.

Twin lavatories make efficient use of existing space and help reduce the early-morning crush.

The mirror/storage unit, available commercially, keeps bathroom essentials within easy reach. Sliding plywood doors mounted on tracks create lower level storage for seldom-used items.

The matching vinyl-backed shade and shower curtain supply the necessary color and pattern.

Photograph: Bill Helms, Designer: Jean Curtis





Photograph: Hedrich-Blessing, Architect: I. Moses & Associates

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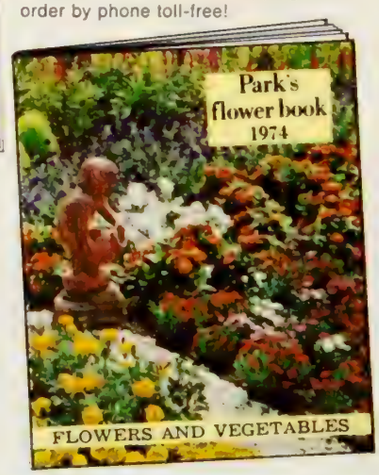
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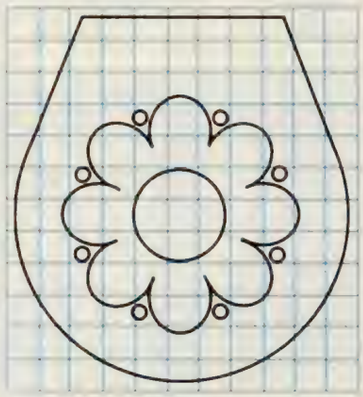
continued from page 91

Crafts how-to

holes for beaded fringe on bag flap and punch out, using small hole.
3. Cut 20-inch length of thread and thread through each hole and pull even. Using double strand, thread through beads following sketch. Tie double knot at end and trim excess. Beads at bottom require 24-inch thread and are hung from 6-inch space in middle of bottom edge. Working from each corner and spacing beads ½ inch apart, slip needle through bag seam and pull into bag. Knot string on inside with knot as close to seam as possible. Trim excess thread.

Suede shoulder bag page 51

Materials: 4-ounce skein 4-ply gold wool yarn, 1-ounce skein of red and burnt orange, size F and H crochet hook, rubber cement, 24x25-inch tan suede skin, 8-inch circle of red suede, 3-inch circle of purple suede. *Size:* 11½x14 inches.
1. Make paper pattern from sketch

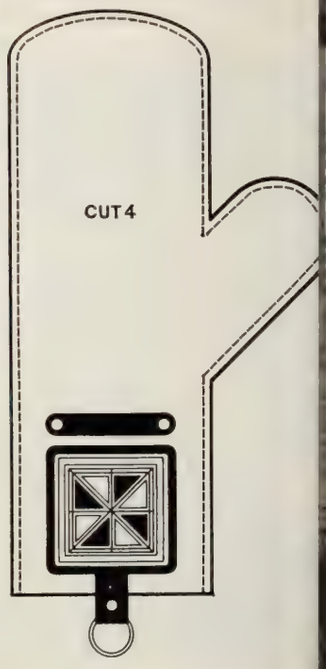


and transfer to wrong side of tan suede with felt-tip pen. Cut out two pieces. On wrong side of each, mark dots ½ inch apart and ¼ inch from all edges. Punch out dots with eyelet punch.
2. To crochet edges, use F hook (work loosely). On right side of suede, start at top right-hand corner and tie in gold yarn. * 2 sc in same hole, ch 1, 2 sc in same hole, and in each hole to next corner, repeat from * around piece, sl st to 1st sc, end off. Do other piece same way but do not end off—leave yarn intact.
3. Place both bag sections wrong sides together. Using H hook, sl st gold yarn through bag at corner through both crocheted edges and work 1 sl st in each st around bag, leaving top open. Do not end off.
4. Top border: *Rnd 1:* Ch 1, * 1 sc in each next 5 sc, sk next sc, repeat from * around, sl st to beg sc. *Rnd 2:* Ch 1, 1 sc in each sc around, sl st to beg sc, end off. *Rnd 3:* On opposite side of where yarn was just ended, tie on red yarn and repeat Rnd 2. *Rnd 4:* Tie on burnt orange on opposite side and repeat Rnd 2. *Rnd 5:* Tie on red on opposite side and repeat Rnd 2. *Rnds 6-7:* On opposite side, tie on gold and work 2 rows of sc, end off.
5. For strap, tie on double strand of gold to top edge of bag, ch 85, not twist ch, remove hook, pull l ch loop through on opposite si where you started, 1 sl st in ea bar on back of each ch over to b end off. For a stronger strap, 1x26-inch strip of leather a punch holes around edges same for bag. Crochet in same way bag and attach to top.
6. For tassel, wind gold around inch cardboard 60 times. Tie o end together securely and slip cardboard. Cut untied end op Wind yarn around tightly 1 inches from tied top. Trim er and attach to center bottom bag. Cut out flower shape and sm circles. Glue shapes to front of b and purple circle to flower.

Leather mittens page 51

Materials: 4 square feet of brush cowhide, leather cement, utili knife, 6 brass rivets or paper faste ers, heavy-duty thread, permane felt-tip markers, two 3¼-in squares smooth leather for desi 12 inches of ½-inch dark bro leather strap, 1-inch brass rin paper or eyelet punch. Adult si

Make paper pattern and cut o



leather around it with knife. Sti pieces together on sewing machi using a long stitch and heavy-d needle (¼-inch seams). Cut smoo leather into squares and apply signs with markers. Cement to as shown. Punch holes and a brass fasteners to ends of 3¼-inch leather strips and cem close to squares. Wrap anot leather strip around ring and f ten; cement on top, flush w square.

Leather pendants page 51

Materials: for blue—two 2½-in squares of blue leather, three sm orange feathers, 60 small d brown beads, 14 ½-inch-long ange beads, 14 large brown bea 9 round blue beads, 6¼-inch-lo brown beads, 4 ivory beads; brown—two 2½-inch squares brown leather, 70 small sil beads, 38 small orange cubes, ⅜-inch-long blue beads, 4½-in long orange beads, 11 roos

continued

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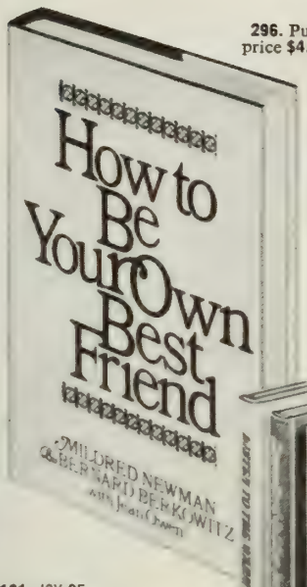
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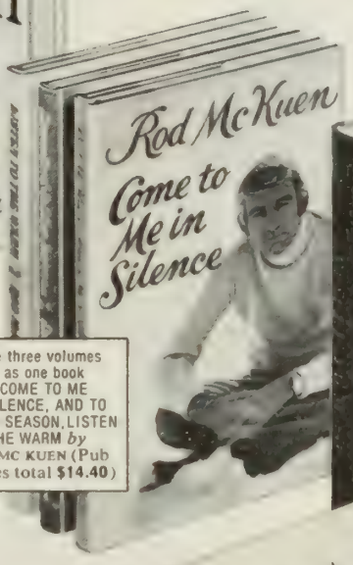
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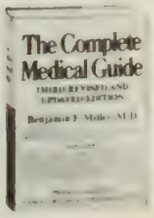
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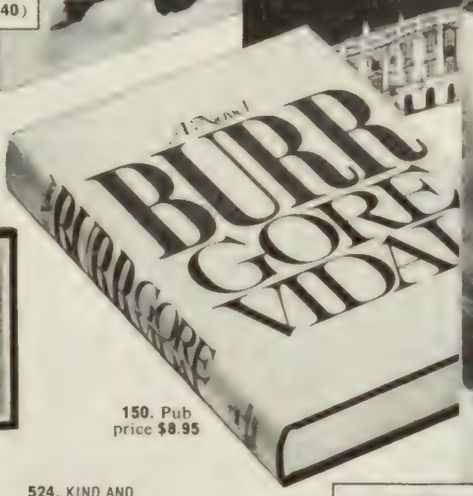
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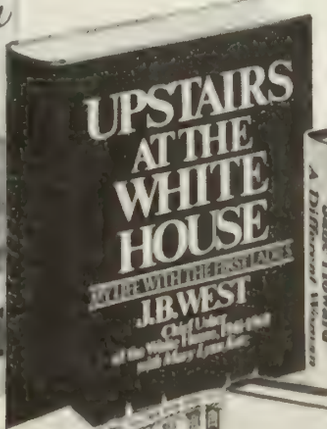
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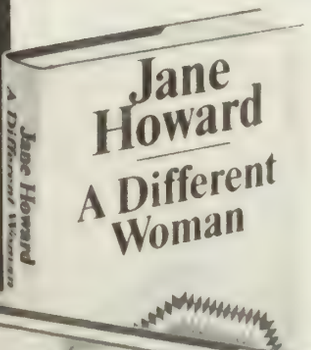


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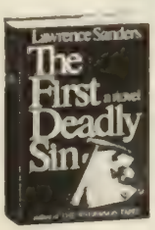
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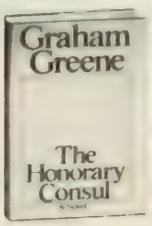
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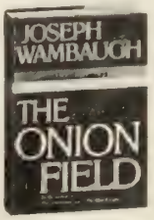
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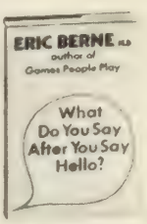
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continued

Crafts how-to

feathers; for both—contact cement, dark brown waxed linen thread.

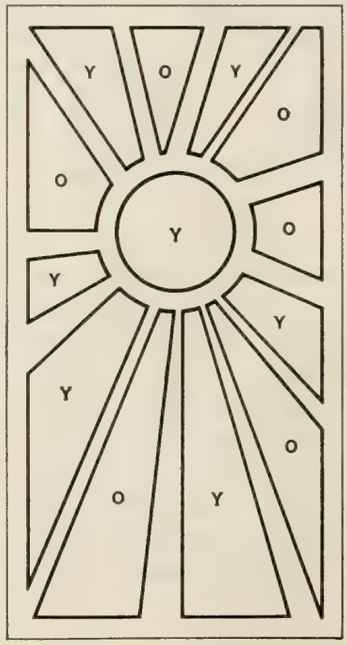
1. For blue, round leather as shown and sew beads to front. String large brown beads and ivory ones on ends of feathers. String several small beads on waxed thread, knotting between beads and allowing some thread to show (make four 2-inch strands). Glue the three feathers and four strands to inside of back leather square. Glue front to back, wrong sides together. Punch holes at top for string. Using doubled waxed thread, knot at one hole and string with brown and orange beads, knotting occasionally (middle 10 inches are just knots), to make about 24 inches long. Fasten to other hole.
2. For brown, sew orange and blue beads to front. String various beads on ends of feathers and glue feathers to inside back square. Glue back to front, wrong sides together. Punch holes at top for string. String necklace from back to front on waxed thread with silver, blue, and orange beads until strand is 24 inches long. Knot through holes with a silver bead on back.

Leather belts page 51

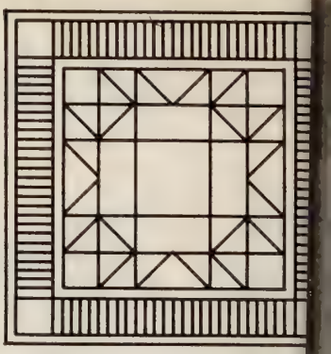
Materials: 1½-inch soft leather strip, 1½-inch buckle, eyelets, utility knife, eyelet or leather punch, leather dye or permanent felt-tip markers, brass fasteners or rivets.

1. Cut leather to waist measure, adding 5 inches for eyelet and 4 inches to fold over buckle. Round eyelet end, then adjust belt for proper length and cut off excess.
2. Mark holes for eyelets and punch out. Add eyelets. (Use leather punch if necessary; otherwise an eyelet punch.) Paint on designs with dye or markers, or appliqué designs with leather scraps. Attach buckle and loop with reinforced machine stitching if leather is thin, otherwise use rivets or fasteners.

Wood appliqué cupboard door page 53



Wood veneer tabletop page 5



Patchwork checkerboard page

Cut an 18-inch square from inch Masonite or plywood.

Center a 22-inch square of ton print on front of board glue. Fold excess over on b miter corners, and glue to bac

Cut an 18-inch square of s print and turn edges under ½ i Center on back of board and

Cut 32 2-inch calico squares. With straightedge pencil draw a 16-inch square tered) on front of board. Dra 2-inch squares. Glue calico squ to board, forming checkerb pattern.

Cut 18 16-inch strips of rack. Glue to checkerboard a edges of calico squares, posi ing outside strips last.

Allow to dry. If desired, s with protective coating.

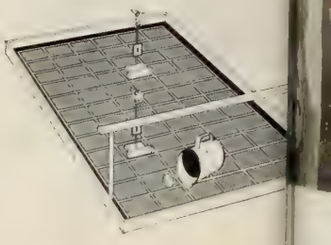
Chinese checkers table page

Build tabletop from a 24 square of ¼-inch plywood, fra with 1x2s. Make legs 2x2x10 i and attach inside each corner.

Since table tennis balls re regular marbles, drill ½-inch in tabletop. Sand all surfaces cover with flat latex paint. S paint balls in contrasting c Draw star pattern in pencil, paint.

To accommodate the table nis balls we made fewer hol our star. If you want a ful board, increase overall dimen accordingly.

Horse racing game page 56



Make the game board fro 38-inch piece of ¼-inch ply Sand edges or frame with strips. Use a ¼-inch dowel f finish line. Mark off six la equal width and cover them strips of white tape or paint. or paint horizontal lines 3 apart in each lane to form pattern.

Make a wooden hurdle fo lane from dowel scraps and tion in a different square fo lane.

Paint an empty juice c bright enamels to serve as dice cup.

continued



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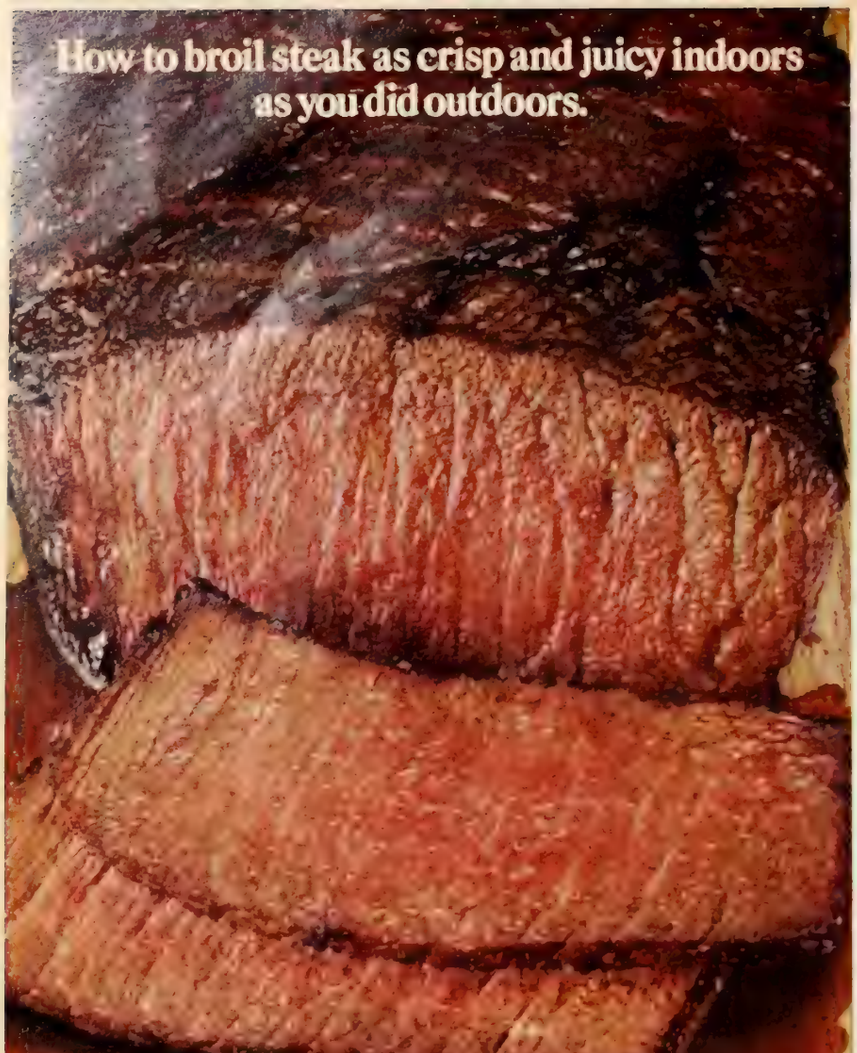
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continued

Crafts how-to

Glue molded plastic toy horses to piece of ⅛-inch dowel. Attach dowels to wooden block bases. Paint numbers on small cardboard squares and attach to dowel.

Beanbag toss page 56

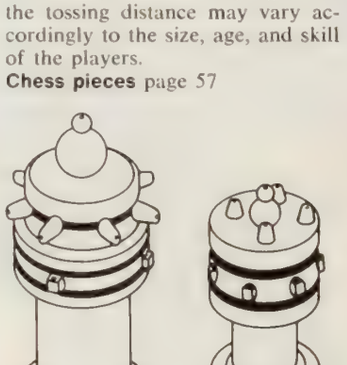
Use an art knife to cut box pieces from foam core board. Back measures 21x32 inches, sides 9x32 inches, bottom 9x21 inches, and front 21x28 inches. (Front is left open 4 inches at bottom for beanbag recovery.)

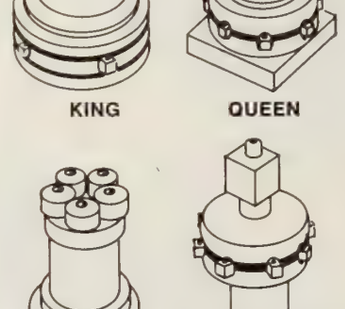
Mark off front piece in 12 equal squares. In center of each, cut out a rectangle or triangle. Paint with bright acrylics. Number holes with permanent felt-tip pen according to difficulty of toss. Assemble box and glue pieces together.

Sew dried beans inside 3-inch square or triangular felt bags.

This game is suitable for two or more players of any age, and the tossing distance may vary accordingly to the size, age, and skill of the players.

Chess pieces page 57





Materials: Tinkertoys; empty wood thread spools; 24-inch piece of ¼ x 1½-inch wood; small beads in assorted shapes and sizes; epoxy; gesso; yellow and orange high-gloss enamel paint.

Cut wood strip into 1½-inch squares to form bases for 2 queens, 4 bishops, 4 knights, and 4 rooks (see drawing). You'll need 1 spool for each of these pieces plus large spools for 2 kings and small spools for 16 pawns.

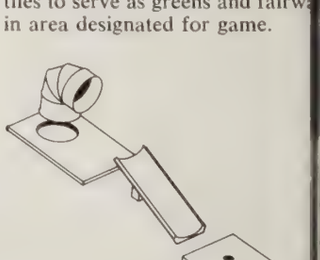
Assemble spools, Tinkertoys, and bases as shown in drawing and glue together. Allow to dry. Glue beads in place.

Cover each piece with one coat of gesso and let dry thoroughly. Brush several coats of yellow enamel on one set and orange on t other set. If desired, glue felt to b toms of individual pieces.

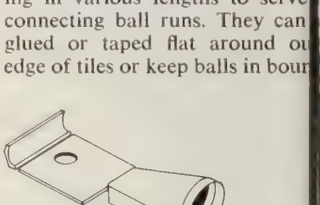
Miniature golf page 59



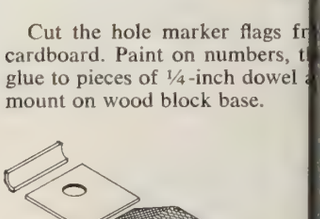
Arrange smooth-textured car tiles to serve as greens and fairwa in area designated for game.



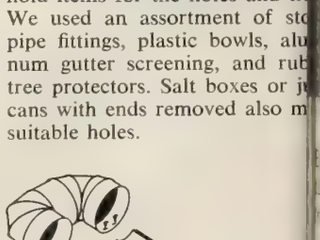
Saw 11/16 x 2¾-inch cove mo ing in various lengths to serve connecting ball runs. They can glued or taped flat around ou edge of tiles or keep balls in boun



Cut the hole marker flags fr cardboard. Paint on numbers, t glue to pieces of ¼-inch dowel a mount on wood block base.



You can use a variety of ho hold items for the holes and tra We used an assortment of st pipe fittings, plastic bowls, alu num gutter screening, and rub tree protectors. Salt boxes or ju cans with ends removed also m suitable holes.



Design your course so that

continued

m Calcutta...

eport on
lizabeth
ass...



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Richmond, Va.

CHRISTIAN CHILDREN'S FUND, INC.

CALCUTTA, INDIA - CASEWORKER REPORT

TO NAZARETH HOME, CALCUTTA

NAME: ELIZABETH DASS NATIVE PLACE: CALCUTTA

DATE OF BIRTH: APRIL 12, 1964 ORDER OF BIRTH: THIRD DAUGHTER

HEALTH: FRAIL, THIN, WALKS XX WITH DIFFICULTY, PROTEIN DEPRIVED

CHARACTERISTICS: GENTLE, QUIET, COOPERATIVE. SPEAKS CLEARLY AND IS OF GOOD MIND. WILL BE ABLE TO LEARN ONCE HEALTH AND STRENGTH XX ARE RESTORED.

PARENTXXXSCONDITION: FATHER: DECEASED.

MOTHER: MALNOURISHED, RECENT VICTIM OF XXX SMALLPOX, WORKS IN A MATCH FACTORY.

INVESTIGATION REPORT:

ELIZABETH'S FATHER USED TO BE A STREET CLEARNER, DIED FROM TYPHUS. HER MOTHER IS VERY WEAK FROM HER RECENT ILLNESS-INDEEDIT IS REMARKABLE SHE IS ALIVE AT ALL. ONLY WORK AVAILABLE TO THIS WOMAN IS IN A MATCH FACTORY WHERE SHE EARNS TWO RUPEES A DAY (26¢) WHEN SHE IS STRONG ENOUGH TO GET THERE AND WORK.

HOME CONDITIONS:

HOUSE:

ONE ROOM BUSTEE (HOVEL) OCCUPIED BY SEVERAL OTHER PERSONS BESIDES ELIZABETH AND HER MOTHER. HOUSE IS SO SMALL COOKING IS DONE ON THE FOOTPATH. BATHING IS DONE AT A PUBLIC TAP DOWN THE ROAD. PERSONS LIVING WITH THEM IN THIS HOUSE ARE NOT OF GOOD REPUTE, AND THE MOTHER FEARS FOR ELIZABETH.

SISTERS:

MARIA DASS, DECEASED OB SMALLPOX
LORRAINE DASS, ALSO DECEASED OF SMALLPOX
(ELIZABETH FORTUNATELY ENTIRELY ESCAPED CONTAGION)

REMARKS:

ELIZABETH WILL CENTAINLY BECOME ILL, PERHAPS WILL TAKE UP THIEVING, MAYBE EVEN MORE TERRIBLE WAYS OF LIVING, IF SHE IS NOT REMOVED FROM XH PRESENT HOME CONDITIONS. HER MOTHER IS WILLING FOR HER TO GO TO NAZARETH HOME AND WEEPS WITH JOY AT THE HOPE OF HER LITTLE XX DAUGHTER BECOMING SAFE FROM THE WRETCHED LIFE THEY NOW HAVE.

STRONGEST RECOMMENDATION THAT ELIZABETH DASS BE ADMITTED AT ONCE.

izabeth Dass was admitted to the Nazareth Home, and when this picture was
ken, she was already doing better. Her legs were stronger . . . she was running with
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☐ Please send me more information.

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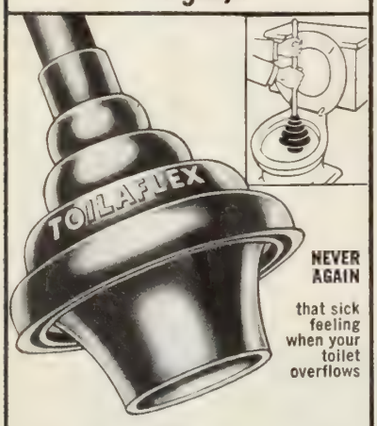
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continued

Crafts how-to

travels easily from one hole to the next. Use regular putters and golf balls.

Gold/silver leaf table page 58

We used a gold and silver leaf kit on our 16-inch square black Parsons table. You can use any table with a smooth surface. Sand the tabletop lightly and brush in one direction with gesso. Repeat gesso, stroking in opposite direction.

With pencil and straightedge divide tabletop into 8 rows of 8 squares each. Mask every other square of checkerboard pattern. Apply gold leaf according to kit directions. Carefully remove masking tape. Apply silver leaf to one square at a time, covering rest of top with newspapers. Allow to dry thoroughly.

For an alternative method, cut out squares of gift wrap, foil, metallic paper, or wide metallic tape and glue on in checkerboard pattern.

To antique, lightly rub dark brown oil-base paint over entire surface, filling in cracks. Wipe or brush off before paint drys. Coat with varnish. Our checkers are made from cooking crystals, but you can use any suitable plastic disks.

Traveling backgammon page 59

Build two 2x8x15-inch open-face boxes with butt joints from ¼-inch plywood.

Before covering each box with light brown leather, make paper patterns to avoid wasting leather. Add 2 inches to sides and ½ inch for overlapping at corners. Check pattern on boxes and make necessary adjustments.

Lay pattern on back of leather and trace, using ball-point pen. Cut out leather and cement to front of box. Cement short sides, trimming away excess at corner; leave enough to pull around corner. Miter corners at top edge. Cement long sides, folding excess to inside. Cut a clean edge at corners to cover side piece and miter at top edge. Line boxes with matching leather or fabric.

Join boxes with 2 small hinges in back and attach decorative latch and handles to front. Lay hinged boxes flat and pencil in backgammon board design.

Burn design in leather with simple wood burning tool. Clean off tip of tool on sandpaper as you work. Store playing pieces inside case.

Picture-frame backgammon page 59

With an art knife cut 2 pieces of cork to fit snugly into 2 9x12-inch purchased picture frames. Along each 9-inch board side draw 6 1½x5-inch isosceles triangles to make the traditional backgammon design. Fill in triangles with wide-tipped, permanent felt-tip pens, alternating brown and red.

According to type of frame used, fill in back of frame with heavy cardboard, poster board, or thin wood so that cork will be flush with frame edge. Glue or tape backing to frame, staple cork to backing.

Mount two sets of hinges, so the board will fold flat for easy storage.

Kalaha page 59

To make gameboard remove and discard top from egg carton. Cut an ice cream or cottage cheese carton in half and trim down to fit on each end of egg carton. Cartons on ends will be Kalahas for players' beads. Glue together.

Cover all surfaces with instant papier-mâché or artist's modeling clay. Allow to dry thoroughly. Brush on gesso. Paint with bright acrylics. Coat with varnish.

Game rules: Two players sit behind the two rows of six pits between them. Player's Kalaha is always on his right. Each pit holds three beads.

Each player picks up all the beads in any one of his own six pits and drops them, one in each pit, around the board to his right. If he has enough beads, he drops one in his Kalaha and on into his opponent's pits (but not his Kalaha). If the player's last bead lands in his own Kalaha, he gets another turn. If it lands in an empty pit on his own side, he captures all his opponent's beads in his own Kalaha.

Purpose of the game is for each player to accumulate as many beads as possible in his Kalaha (on his right). When all six pits on one player's side are empty, he wins the game and deposits the remaining beads in his Kalaha. Player with most beads wins.

Blanket game page 59

Cut a discarded blanket to measure about 45x72 inches. If you plan to have several children use the blanket at the same time, retain the blanket's original dimensions. Finish raw edges with matching color blanket binding.

From felt or fabric scraps, cut out greenery, neighborhood houses and buildings, service stations, library, and other familiar spots. Either stitch objects permanently to blanket or glue to cardboard backings so your child can rearrange them.

Make streets from long strips of felt or wide bias tape.

Blanket folds for easy storage when not in use.

Dart boards page 59

Divide an interior, hollow-core door into 3 equal areas. If you plan to use heavy tournament darts, apply a thin layer of sheet cork to door surface (protects wood from undue splintering).

Sketch in your favorite dart games with pencil and straight edge. Paint in bright colors and decorate as you wish.

Attach large screw eyes and hang door horizontally on wall-mounted hooks. Be sure to hang dart board door away from wall surfaces that might be damaged by stray darts.

Directions for playing darts: The center of the board should be five feet eight inches off the floor. Each player gets three darts, usually about six inches long. At his turn player throws all his darts freestyle from eight to nine feet away.

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How to make the most of your eyes

Our eyes give meaning to the words we speak. At one time or another, each of us has searched someone's eyes for their silent message. More than a finely chiseled nose—or a cupid's bow mouth—expressive eyes get attention. And because they are such an important focal point, they rate time and attention to make them not only bright, but carefully groomed.

The shape of an eyebrow can change a face from sad to smiling. Full sloping eyebrows can hide the eyes and make a person appear unhappy; however, although eyebrows should not droop, neither should they be highly arched. That gives the face a villainous look.

An eyebrow is made of hair and should remain that way. Some women make the mistake of penciling in every empty space. The resulting eyebrows look as if they had been cut from black paper and pasted on. Not all eyebrows need to be made darker; according to today's fashion, the lighter, the better.

Do not alter the natural outline of the brow when tweezing, but tidy it up a bit. If you are a Mediterranean type, your eyebrows appear thicker and darker than those belonging to a fair, Scandinavian type. Study your face carefully and then tweeze accordingly.

To be a beauty expert at your own dressing table, use a pencil as a measuring stick, and follow these four basic guides:

• *Where to begin an eyebrow.* Take the pencil and hold it vertically against the length of your nose: the pencil should extend past your eye and eyebrow. If your eyebrow meets the pencil, no major shaping is needed. But if hairs grow beyond your pencil guide, tweeze these stragglers.

• *Where to end an eyebrow.* Hold the pencil diagonally across your cheek. One end should touch the side of your nostril, the other should rest at the outside corner of the eye, but extend past the eyebrow. Again, hairs that grow beyond the pencil should be tweezed.

• *Where to arch an eyebrow.* Hold the pencil vertically in front of the outer rim of the iris (color part) of your eye. The arch, the highest point of the brow, should be in the path of this vertical line.

• *How to even the brow.* Check to make sure that the end of the brow is not lower than the beginning. Hold the pencil horizontally underneath the brow; both tips of the eyebrow should just meet the pencil. Tweeze away any stray end hairs.

Eyebrows should be tweezed from underneath, and from across the bridge of the nose. Rarely do you take any hairs from the top of the brow, because this would destroy the natural shape.

Before tweezing, wet a piece of cotton with water and a mild astringent, and apply the lotion to your brow. Press the area to be tweezed with the thumb and index finger of your free hand, then spread these two fingers to stretch the skin. By applying this pressure, you expose the follicle and the hair slips out cleanly. Pull the hair quickly, only in the direction of its growth. This is important because going against the grain can hurt. To maintain your well-groomed look, tweeze carefully and often using good tweezers, whose tips meet properly. Keep your tweezers immaculate to avoid infection.

For highlighting eyes, you have an almost infinite choice in eye shadow. It comes in a world of colors, with coordinating liners and mascaras. Some shadows are so shiny and frosted that they actually look wet. Reserve these glittery or strong-colored hues for evening or special occasions and stick to the more conventional shades for daytime.

Here's how to apply shadow to show off your eye's three dimensions. Use a light tone on the bone under the brow, dark across the contour of the eye, and a soft shade on your lid to complement your outfit. If you're wearing blue, for example, smooth a peach shadow on the area under the brow, a deep blue on the curve of the eye, a lighter blue on the lid, and then, navy liner and navy mascara. You might also blend the light blue shadow beneath lower lashes to camouflage dark circles under the eye.

Apply your eyeliner before doing anything to your lashes. Properly handled, liner is hardly noticeable, merely a very thin line along the edge of the eyelid, down into the root of the lash. For the natural look of today, eyeliner shouldn't be visible beyond the lashes. Instead, suggest an outline, in a color usually matching your eye shadow. Whether you're lining upper or lower lashes, apply the liner to the outer skin, not on the inner part of the lid. What you want is thicker-looking lashes, not runny eyes.

False eyelashes can give your eyes a bit of fullness and darkness, but bear in mind that the natural look is "in." Yesterday's thick, black fringe, achieved with two pairs of extra lashes, is decidedly out. Now brown is often the darkest lash color used, and sometimes only individual lashes are applied. It may be best to seek professional guidance at the cosmetic counters of a major department store, especially if you want to use upper and lower lashes. Having lashes fitted by an expert eliminates guesswork and saves you from having to struggle alone.

Before you attempt to apply the lashes, practice without the adhesive. Position the lashes to get the feel of how they should look and what you should do. Real eyelashes are never flush against the inside corner of the eye; instead they're approximately one-quarter of an inch back on the eyelid. And check to see if the lashes go on the right or left eye—the inside hairs are always shorter than the outside.

With dark, fluffy, extra lashes, you can probably get by without mascara. But if you do use mascara, be sparing. Buy a tapered-end brush to avoid that sticky buildup on your lashes.

In the evening, after all your makeup is removed, you may want to smooth a gentle, moisturizing cream around your eyes. The extra moisture may help to prevent those lines of wisdom from growing too deep.

If you wear glasses, choose ones that suit your face as well as your medical requirements. For example, try to avoid frames that cover your eyebrows; your brows should be above the frame or below it. Or you can bypass the frame problem completely and go the contact route. Contacts cost more, in time as well as money, but you may decide beautiful eyes are worth it. ■

The energy saver.

th the new Litton Minutemaster® "403" untertop microwave oven, you save your own ergy. And the electric company's energy.

So now taking care of your active family is a easier on everyone.

Cook one large meal for the entire family. en reheat individual servings in seconds. With the nutrition and freshness enjoyed the first ie around. (Foods won't dry out during reheating.)

Or, cook a la carte. Use the Litton cro-Browner™ steak grill to brown, sear, fry and l to order.

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And while you're making less work for yourself, u're also using less electrical energy.

The cool-cooking Minutemaster microwave oven omatically thaws frozen food and cooks so fast, it uses up to 6* less energy than an electric range — actually consumes about e-fourth the kilowatts needed for conventional electric cooking. ir electric bill is lower, and so is the temperature of your kitchen

It's your life. Conserve and enjoy it. There's an energy-saving nonstration going on now at your Litton microwave cooking dealer

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Crafts for Family Fun





HOW TO BEAT THE WINTER BLAHS

Just for fun, try your hand at our great winter collection of crafts and games. Everyone in your family will find something here to enjoy, whether it's old-time rhythm instruments, elegant new leather patchwork, or a nine-hole miniature golf course. How-to information is included, of course.





Pins and beads

Don't underestimate the lowly safety pin. This expensive-looking beaded jewelry is made of ordinary safety pins and different kinds of beads. The pins form the superstructure for the designs, the way strings have functioned since beading began thousands of years ago.

The sparkling "silver" and blue jewelry shown at the top of the page is reminiscent of beautiful Indian-style designs crafted in the Southwest. Our richly beaded necklace, bracelet, and belt designs are all available in convenient kit form. Each kit contains everything you need—beads, pins, fasteners, and easy-to-follow instructions.

The handsome blue and black necklace pictured at the top right is made with black safety pins and blue and black beads. The lacy Victorian-style pendant is also slightly wired and raised in the center for an unusual three-dimensional effect. This necklace also comes in a kit, and includes beads, pins, wire, fastener, and full directions.

Safety-pin jeweling is a craft that's quickly learned and the results, as you can see, are richly rewarding. All our distinctive designs make marvelous gifts—that is, if you can bear to part with them!

Above left: To make any sort of pin and bead design, you first thread the beads onto the pins. Pins with smaller-than-usual heads are the best choice.

Above right: When you have threaded enough pins for your purpose, you assemble them in rows or other combinations with unbeaded pins. And that's all there is to it!

To order kits, see page 82.

Decoupage under glass
The only thing difficult about this type of decoupage is pronouncing the name. It's called "potichomania," for the 19th-century fad of decorating vases to resemble Chinese porcelain. You can make something exquisite just by following a few basic steps. The paper cutouts are applied under glass, which eliminates the sanding and endless coats of finish that decoupage usually entails. Lamp bases, tabletops, vases, and wall hangings are among the projects you can choose from. Although the process consists simply of gluing paper cutouts under clear glass and painting the background, the finished project often looks like twice the work. If you already have a flair for decoupage, potichomania will be easy.



Photographs: Hopkins. Designer: Cynthia Alderdice

For how-to, see page 90.





Top: To start with, try a small, flat piece of glass and apply simple cutout shapes to it. If you practice on picture glass in standard sizes, it will be easy to frame your successful designs. The panels done on glass over this mirror were much faster to do than you'd guess.



Far left: After you've worked on flat surfaces, you may want to try something like a lamp base. Ours features an oriental watercolor print cut apart and redesigned to suit the lamp.
How-to top: You cut out prints the way you would in conventional decoupage, using a good grade of sharp scissors and beveling the paper's edges.
How-to middle: You position the cutouts on the *outside* of the glass with bits of adhesive. Then you smear the interior with glue, transfer the cutouts to it, and let it dry.



How-to bottom: When the cutout edges are firmly in place and all the excess glue is wiped off, you can paint the glass interior with an alkyd flat oil-base house paint. Assemble the lamp parts and your project is completed.

Buying information, page 93.

HOW TO BEAT THE WINTER BLAHS

Leatherworking
If you haven't done leatherworking since your days at camp, take another look. You can sculpt leather, stitch it, weave it—even make it into furniture. Start again with our easy projects and let your imagination go.

How-to begins on page 90.



Designer: Jackie Curry





Designer: Mimi Shimmin



Top: Leather works up beautifully in patchwork, as you can see from our suede throw and pillows. Bought in colorful scrap pieces like the ones used here, leather is inexpensive, easy to cut, and amazingly versatile. We pieced our patchwork with yarn in single crochet stitches.

Above, left: If you own a car, you're undoubtedly familiar with chamois. It's probably the most widely available type of leather. Here, we've used chamois skins as decorative appliqué designs stitched on a ready-made denim shirt and pillow covers. On both our designs, we used a zigzag stitch to appliqué the chamois to the fabric. Chamois looks especially rich on wide-wale corduroy (such as our pillows), velveteen, and suede cloth.



Designer: Mimi Shimmin

Right: Here's a scrap project that's just zany enough to appeal to the young people in your family. It's a long, zippered canvas carryall adorned with bits and pieces of suede and chamois.

Far right: Leather applied to leather is a sure way to dress up a simple design. Our suede bag has more suede glued to the front, appliqué-style, and is bound with crocheted yarn.



Designer: Jackie Curry



Designer: Mittens: John Stith; Jewelry: Mimi Shimmin



Designer: Mimi Shimmin

Left: Small accessories make ideal projects for beginning leatherworkers. Shown here are painted belts, cowhide mittens, and jewelry that combines beads and feathers.

Above: Often it's the trim you add to leather projects that makes them memorable. In this case, long strands of wood beads swing from the flap and bottom of a top-grain cowhide bag.

Buying information, page 93.

HOW TO BEAT THE WINTER BLAHS

Wood veneering

Veneering, the art of decorating surfaces with thin layers of fine wood, has been practiced by master woodworkers for thousands of years. The ancient Egyptians perfected the process, making beautiful use of the contrasting grains, textures, and colors that are found in wood.







Today you can create similar designs, using sheets or rolls of wood veneer from the lumberyard. We covered the top of a Parsons table with pieces of thin fir, mahogany, and walnut. Our veneer came in one- and two-inch-wide rolls at nominal cost.

You can apply this technique to wood, metal, plastic—almost any hard, regular surface. It's an excellent way to cover worn areas, and if done carefully, makes an exceptionally rich-looking finish. Practice first on a small project—your later designs can be more intricate.

Top right: We cut the veneer with scissors, but a sharp art knife works well also and is indispensable for curves and tiny pieces. Careful measuring and cutting is the key to a professional job. We sanded off some of the table's old finish and drew guidelines on it.

Left: Next, we applied contact cement to the table and veneer pieces and let dry. After pressing the pieces in place as shown, we butted the edges and trimmed where necessary. We weighted the table overnight, then lightly sanded the top. To deepen the walnut pieces, we added stain and then coated the whole top with polyurethane varnish.

Wood appliqué
This simplified form of wood relief work has great decorative potential all around your house. The process consists of cutting out shapes from lumber and applying them to doors, cabinets, headboards, chests, and other wood surfaces. The designs are up to you—they can be geometric, abstract, whimsical, elegant—whatever happens to suit your fancy and furnishings.



You can use varying thicknesses of pine, hardwood, or hardboard for the appliqué pieces. Choose inexpensive lumber or hardboard for designs you plan to paint, and better wood for designs you'll stain or varnish. The size of your project determines wood thickness—small items call for thin wood, larger ones require thicker dimensions. Our sun design appliqués are made of ½-inch pine.



Top: We used a versatile power craft saw for our doors but a hand coping saw or power jigsaw will work well.

How-to

1. Draw design on cardboard and number rays clockwise. Trace around cardboard pieces on lumber. Saw pieces and sand edges and tops until smooth.
2. Paint top and edges of each piece with enamel undercoat, applying two thin coats. Sand lightly when dry and wipe off dust. Undercoat doors and spray with white enamel.
3. To paint appliqué pieces, make a spray guard of cardboard and elevate pieces with wood scraps. Using yellow and orange enamel, spray edges, using two light, even coats, then tops. Add another coat if needed. For best results, tilt wood up to avoid spraying down (hold pieces to cardboard with masking tape).
4. When pieces are dry, assemble on doors. Lift each piece and sand that portion of door for better adhesion. Spread white glue on back of pieces and put in place. Allow to dry overnight.

Designer: Joyce Aiken

Buying information, page 93.

HOW TO
BEAT
THE WINTER
BLAHS

MUSIC MAKERS TO MAKE



Revive the old-time fun of a rhythm band with instruments that you put together from odds and ends. Our combo is gathered around an old piano with seven instruments that anyone can play: pine and rawhide tom-tom, washtub bass, tin-can maracas, rubber-band guitar, slide whistle, wood xylophone, and spoons.

You can sing along with almost anything, so don't limit yourself to just our selection of instruments. Other classics include cardboard-tube kazoos, willow whistles, water-filled jars, and jingle rings made of hoops and bottle caps.

Play the make-it-yourself instruments together or combine them with more conventional music makers like pianos and banjos. For a one-man band, assemble items such as horns, washboard, cymbals, and drums.



Photograph: Hopkins. Instrument design: David Ashe

1. Maracas: Cut pine disc to fit open can end. Insert ½x4-inch dowel in pre-drilled hole, and glue. Partly fill can with seeds or pebbles. Press disc in place, flush with can end, and nail.

2. Rubber-band guitar: Make sides of box from ¾-inch pine, and top and bottom of ⅛-inch plywood. Cut three-inch hole in top for "sound chamber." Neck is ¾-inch pine cut to 2x18 inches. To form neck, make parallel cuts in it to within three inches from one end as shown.

Cut small triangular bracket 1¼x2 inches, and glue and nail it and neck to box. Cut two bridges ¾x½x2 inches, notch in four places, and glue in place. Screws hold rubber bands at each end (don't tie bands so tightly that they'll snap). Large screw eyes serve as "tuners."

3. Slide whistle: Sand piece of dowel to fit tightly inside ½x10-inch PVC pipe, flattening one side of dowel as shown. Insert dowel in pipe until it's flush with end. With coping saw, cut through pipe about halfway, then at a 45-degree angle. Angle pipe for mouthpiece. For slide, cut ¼-inch dowel to ten inches and glue ½-inch-wide felt strip around one end. Using pipe as a guide, cut a felt disc and thumbtack to one end.

4. Washtub bass: Use any galvanized washtub, a clothesline, and about four feet of closet pole or broomstick. Notch one end of pole to accept bottom rim of tub and drill hole in other end for



1.

clothesline. Drill hole in center bottom of tub and rigidly fasten an eyebolt, two nuts, and two washers to tub. Tie clothesline to bolt and set pole notch on rim. Lean pole slightly toward center (this allows you to move pole enough for variations in notes). Pull line taut, wrap around pole, and tie.

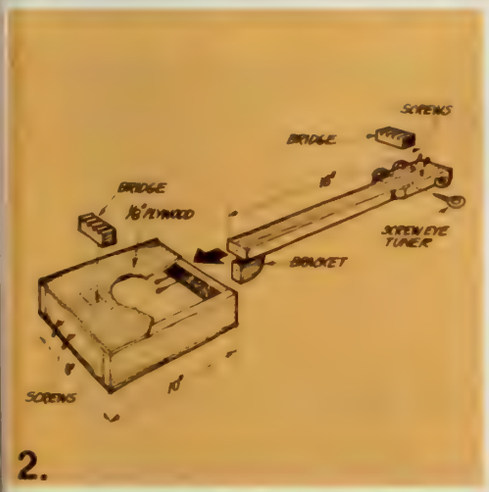
5. Tom-tom: This requires 16 pieces of pine 2½x10¾ inches, two 14-inch rawhide circles, and two ½-inch leather strips. Cut long edges of pine 11¼ degrees to fit together. Or substitute a can or heavy cardboard tube and lace with rawhide. Lay down two strips of masking tape, adhesive side up, and arrange wood on it, beveled side up. Fill in spaces with white glue and lift both ends of tape until pieces meet, forming a circle. Secure with more tape and let dry overnight.

Remove tape and sand outside, rounding top and bottom rims. Circle should be about 12 inches in diameter. Soak rawhide until soft and pliable and stretch over top and bottom. Staple in place, working from opposite sides to stretch evenly. Tack strips to hide staples, using blued carpet tacks. Trim excess rawhide and let dry overnight.

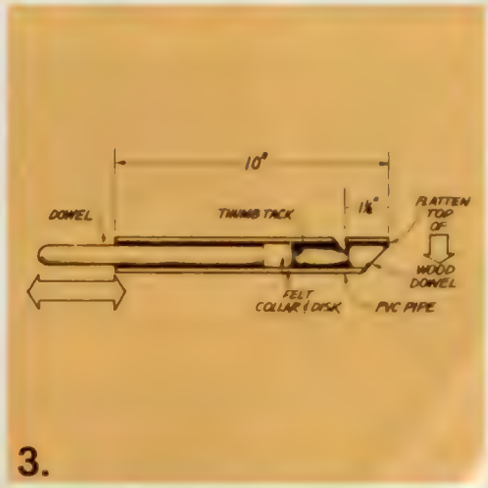
6. Spoons: Cut two-inch disc of ¾-inch pine and flatten one side, removing about ¼ of disc. Drill two holes in one metal tablespoon handle and attach to disc as shown. Line up spoon bowls and drill hole in other spoon to accommodate a loose screw. Add rubber band for spring action. To play, hold wood disc loosely between your fingers and rap bowl ends against your hand or leg.

7. Xylophone: Cut oak or other hardwood into a strip ¼ inch thick and 1½ inches wide. Cut one piece three inches long and increase the remainder ¼ inch until you have eight graduated pieces. Use ¾-inch pine cut 1½ inches wide for the frame and make it about 2¾x15 inches.

Lay two strips of foam on frame's long edges. Pre-drill two holes in each "key," two inches apart. Arrange keys on foam, and using screws slightly smaller than holes, attach to the frame loosely.



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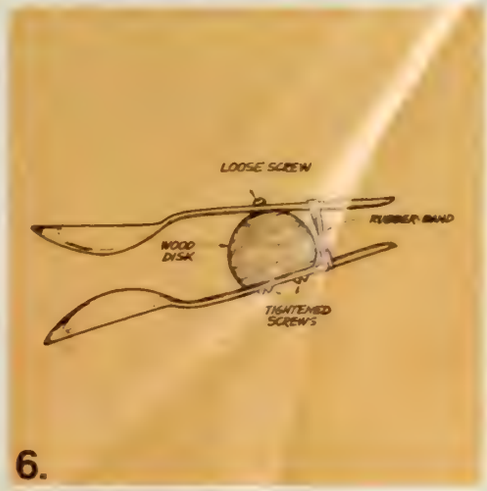
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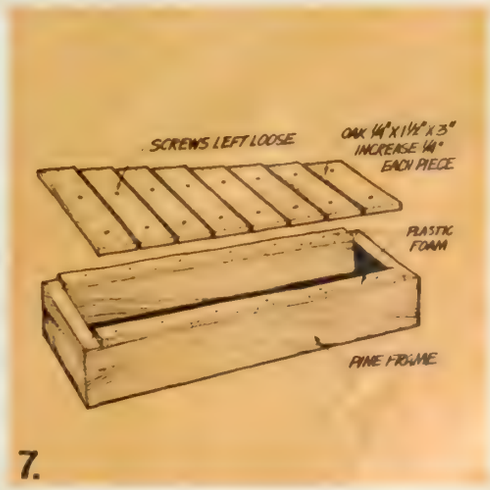
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HOW TO BEAT THE WINTER BLAHS

games people make

You can't beat games for banishing those winter wearies. And to add an extra fillip to the fun, why not make the games yourself? To help you do just that, we've included complete directions for all the games on these pages. Our collection includes everything from a simple bean-toss game to adult brain busters like chess and backgammon so the whole family can get in on the game plan.

By Elizabeth D. Craster

True, you can buy most of these games —but then you miss the creative glow of making them from scratch. Also, homemade games can be tailored to fit your space and color scheme. Our grand-scale dart board, for instance, can be divided into three; the horse race game can be altered to fit the size of your coffee table, and the mini golf course can be expanded or compressed to suit available space.

Board for Chinese checkers forms the top of a rug-hugging occasional table which can be used for a bench when the game's not in progress. Build the table from ¼-inch hardboard framed with 1x2s. Drill half-inch diameter holes to form a resting place for the table tennis balls. Six-pointed star design is created with felt markers and paint.



Patchwork checkerboard with color-coordinated flat bone buttons will hold the attention of the skinned-knee set for hours on end. Our colorful game is made by covering an 18-inch square of hardboard with two patterns of calico, then edging the squares with rickrack. The fabric top keeps checkers from slipping when the game takes place on a bed.



Photographs: Hopkins



Horse racing, the sport of kings, doesn't suffer with miniaturization. Our indoor game is almost as much fun as a day at the track! (And if you stick to poker chips for betting—much less costly.) Horses are the dime-store cowboy and Indian variety mounted on ⅛-inch dowels inserted into wood-block bases. Make the basic track from plywood or hardboard with paper tape to mark the moves. Finish line is built of dowels.



Village fairs and carnival barkers have lured unsuspecting marks to their booths for untold centuries to play one of the many versions of the bean-toss game. Our version, dreamed up by Kansas City designer, John Stith, doubles as a handsome contemporary graphic when it's not in play. Game is played by tossing small bean-filled felt pillows through square or triangular openings. We intended the game for kids but the adults took over in droves, so you'd best locate it where it's accessible to a mixed audience.

How-to begins on page 40.
Buying information, page 93.



Classic is the word for chess. Not only are its origins filled with romantic lore, but chessmen themselves have been fancifully interpreted by skilled craftsmen and weekend whittlers alike. These chess pieces were created by talented designer Jackie Curry from such simple oddments as Tinkertoys, spools, and wooden beads. The pieces are painted with numerous coats of high-gloss yellow and orange lacquer.



Crown a king in style on this opulent antique gold and silver leaf checker table. Turning a plastic Parsons table into a dramatic piece of furniture was the brainstorm of ingenious California designer, Mimi Shimmin. Tortoiseshell playing pieces were cooked up from plastic crystals.

games people make

Buying information, page 93.

Miniature roadside golf courses were the next thing to a national mania during the thirties. Our Tom Thumb revival of this coast-to-coast craze is strictly geared to family rooms. This course is made up of such unlikely elements as stovepipe fittings, gutter screening, cove molding, and some assorted pans and dishes filled with pebbles and water to serve as hazards. The carpet-tile background can be adjusted to your floor space by removing or adding tiles. Try out the traps and hazards before you make them permanent. They might faze even a championship golfer.

Good games never die—witness the backgammon boom. The brainteasing game was played in ancient Greece and Rome and even predates chess. Because backgammon is so popular today, we've designed two versions for you to make—one to travel with and one to keep at home. Leather carrying case opens flat to form a board. Open game board, in center, is made with narrow picture frames hinged together with a cork lining.

Game in foreground, Kalaha, was played some 7,000 years ago all over Asia and Africa. Our version is made with an egg carton.









The rainy-day blanket game is a youngster's extra-secret pastime with no rules, no scoring, and no time limit. To make the game, take half of an inexpensive blanket and glue on felt cutouts of the areas your youngster knows best—such as shopping center, school, library, airport, Grandma's house. Then the intrepid young traveler can push his toy cars and trucks along the wide highway and start to make-believe. It's great for days when no playmate is handy!

It's not certain that darts were devised by Robin Hood and his merry men—but there's no doubt about the long-run popularity of the game. No self-respecting English pub would be caught without a dart board—and dart clubs and dart tournaments are currently sweeping the West Coast. Our spectacular three-part dart board is made from a slab door. This one is 24 inches by six feet six inches—but you can buy most any size to fit your family room. Designs are applied to masked-off areas with spray enamel. Three-quarter-inch paper dots designate the correct scores. For a big party, you can have multiple dart games going.

Families that like to cook

In more and more households, cooking is becoming a favorite participation sport —and any number can play. To demonstrate, we've picked three families who find fixing meals all-around fun. You'll notice that even counter-high children get into the act. It's surprising how quickly youngsters master such skills as kneading dough, testing baked goods for doneness, and sprinkling on garnishes. Why not try the open-kitchen idea at your house this weekend? It's a great way to combine good times and good eating.

By Doris Eby and
Priscilla Hanson Kruse

The Borellis make homemade pasta

Lots of people like pasta, but how many families make pasta at home? The Borellis do, most every Sunday afternoon. In fact, they even have their own do-it-yourself pasta machine.

With Father supervising, the four children add the ingredients for **Basic Pasta** to the mixing bowl. Turning dough into











spaghetti, ravioli, or cannelloni gets everyone into the act. The children flatten the dough and cut it into strips, then take turns pressing it through the pasta machine. No one misses a turn because the dough has to go through the machine at least 30 times before it's thin enough to suit the master chef. (If you're minus a pasta machine, don't worry. Our recipe includes directions for rolling out the dough by hand.)

Next, the pasta-makers lay out the spaghetti to dry. An occasional toss helps it dry evenly. With the pasta production line in full swing, Mother gets busy fixing her famous **Italian Beef Roll.** It's a mixture of ground pork, ham, and parmesan cheese rolled inside beef round steak. The sauce used to simmer the beef roll does double duty because the Borellis mix it into their pasta, too—but lightly. They prefer their spaghetti on the dry side, just as it's usually served in Italy.

While Mother slices the meat and tosses a green salad, Dad piles spaghetti on a platter, arranges the meat slices atop, and drizzles on some sauce. And the children lend a hand by setting the table. The Borellis round out the feast with warm bread, a carafe of chianti for the grown-ups, milk for the children, and freshly grated provolone cheese for everyone.

These and additional recipes begin on page 76.

Photographs: Hedrich-Blessing Studio











These families like to cook–and their kitchens show it

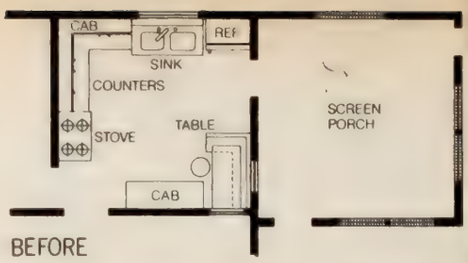
By Joan McCloskey

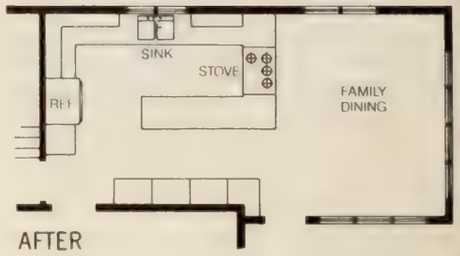
A strong Italian heritage and "pasta Sundays" started it all.

Pasta Sundays are even more special for the Borelli family since their kitchen was remodeled to include a pasta peninsula and large eating area next to the kitchen. This family-oriented activity is not only fun, it's a way to cut down on the grocery bill in the face of rising food and entertainment costs.

The remodeling was triggered by a "pressing" need. The Borellis decided they must have a counter with a lip wide enough to accommodate the pasta press they use every wintertime Sunday. (See page for other equipment.) Enthusiasm spiraled, and soon plans were drawn to remodel the entire kitchen and add space for a comfortable eating area.

Before remodeling, the family re-





1



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3



viewed the primary uses of their kitchen. Since they cook together, they wanted room enough for everyone to get into the act. They also needed an eating area open to the kitchen.

An L-shaped built-in table was the only eating area available in the kitchen. The children had to slide in, one at a time, and Mrs. Borelli used a stool since space was too scant for a chair. To relieve the squeeze, they decided to sacrifice a screened porch and turn its space over to an eating area, big enough for company dinners as well as family meals. The radiator-sink area is now housed neatly in the base cabinets. A partition between the kitchen and the old screen porch was removed to make way for the range (with an exhaust hood) and base cabinets. While cooking, Mrs. Borelli can look into the charming family dining area and backyard. The peninsula extends into the kitchen and has room for father, mother, and all four children to participate in the pasta making. The family kept their old refrigerator, but moved it to the far left wall and added a planning area with telephone next to it.

1) The natural beauty of noodles and macaroni shines through tall glass jars with glass lids high above the electric oven. The open shelving along this wall complements the longer wall of adjacent open shelving.

2) Provolone cheese ripens till it reaches its flavor peak—the Borellis say six months is about right. The cheese hangs from beams alongside the lighting fixture, adding a pungent Italian aroma.

3) No one has to worry about where his favorite herb has gone. Spices and herbs handily line a ledge around the oven exhaust hood. They're all within easy reach when Mrs. Borelli is concocting her favorite sauces.

4) The Borellis' timeworn, yellowed cabinets were replaced by open shelving that makes food staples visible and accessible. And to solve the pasta problem, the long counter was built with a two-inch lip, wide enough to fasten the pasta maker to the man-made "marble" counter. The ceiling was lowered, beams added, and a large lighting unit hung over the entire work area.

5) A small planning center next to the refrigerator has two shelves for favorite cook books, telephone, and a small drawer to store bills, pencils, and newspaper clippings.





Photographs Hedrich-Blessing. Source Jessie Walker.

Buying information, page 93

Families that like to cook

Make a Moroccan dinner with the Phibbs

You might think family-style cooking would be a busman's holiday for Jane Phibbs since she runs a cooking school in her home. But not at all. She delights in sharing her culinary know-how with her husband and four sons.

A visit to a Moroccan restaurant introduced the family to this exotic fare. One of their favorite dishes is **Bastila,** an appetizer that can also serve as a main dish. It's a layered masterpiece of good eating and requires enough steps to involve the whole family. First the chicken is rubbed with garlic paste—a mortar-and-pestle Phibbs production. Then the meat is cooked, shredded (eight-year-old Peter's job), and seasoned. Next comes a sweet layer of almonds, then a custardy











scrambled egg mixture. Leaves of phylo dough, found in gourmet specialty shops, go between the layers. Finally, the flaky crust is crowned by a cinnamon star, shaped by a stencil Rann drew.

Dr. Phibbs is the official salad maker. For one of his specialties, **Romaine Relish Salad,** he slices pimiento paper thin and concocts an intriguing dressing sparked with cinnamon. Another family favorite is **Sesame Tajine with Honey,** a main dish that surprisingly combines lamb, saffron, prunes, and honey. A junior chef sprinkles sesame seed atop.

Son Christopher, the clan's master baker, gets a special kick out of preparing (with some maternal supervision) a diamond-cut dessert called **Baklava.** His brother Ciarin gets in on the action, too. He's in cheerful charge of serving the meal to his family, clearing the table, and doing the dishes.

These and additional recipes begin on page 76 .

Photographs: de Gennaro











These families like to cook-and their kitchens show it

An interest in international dinners got this family cooking together.
"We wanted to keep as many of the good items from the old kitchen as possible when we remodeled" explained Jane Phibbs pointing to the wainscoting in the family dining area and details around the kitchen windows. She also wanted a kitchen that would accommodate her business—teaching gourmet cooking classes. For this, Jane needed an organized kitchen with good traffic patterns for her husband and four boys, all of whom enjoy fixing dinners, as well as space for her class of ten.

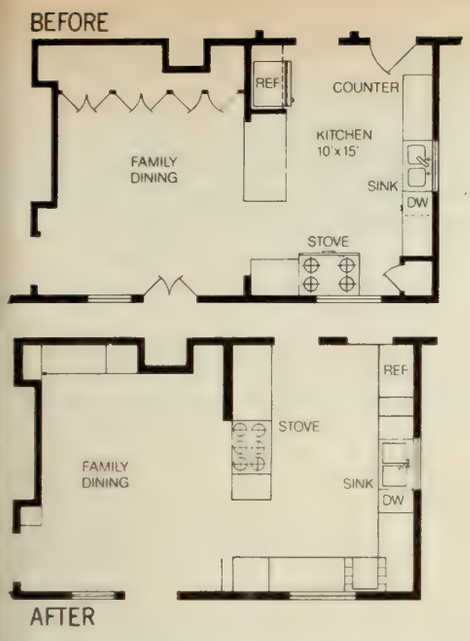
The re-done kitchen has a French feeling about it, with perky blue and yellow patterned vinyl tiles on floor and oven hood. The tiles on the hood are secured with sheet metal screws. Cramped counters and a chopped-up appliance arrangement were strong reasons for remodeling this 10x15-foot kitchen. While no space was added, continuous counter-cabinets around the perimeter make the kitchen much more efficient. Now there's room for book storage, a file system, and large cooking utensils.


1

Buying Information, page 93.


2

Photographs: de Gennaro. Architect: Moris Finisy, Phillips & Finisy. Owners: Dr. and Mrs. R. H. Phibbs



1) This tiny, but complete, planning center has cook books within reach for reference, a telephone handy for grocery orders, and slide-out drawers for storing clipped recipes.
2) The back side of the cooking peninsula houses a small shelf for sugar, salt and pepper, and table accouterments. The dining table was custom-built from a chopping block and the old pillars in the original living room.
3) Storage galore! It's located on both sides of the restaurant-size cook top and opens from the eating area side as well as the kitchen. Hot pans can be removed from the heat directly onto the ceramic tiles on either side of the range. Three rows of herbs and spices on the far end of the peninsula are handy for seasoning sauces and meat dishes.
4) With no curtains standing in the way, summer and winter light streams into the kitchen through yellow-painted windows. Chopping-block counters provide enough counter space for a covey of cooks to work comfortably. Two pullout cutting boards are devoted to slicing vegetables; another to sandwich making. Jane specified the counters be lowered from 40 inches to 39 inches, a better working height for her. The height of her gas range is lower than usual so she can reach to the back easily.
5) Cook books are stored above the double built-in ovens where they're accessible to family and cooking class members. Pots and pans hang from a rack.
6) Below the mix center are slide-out trays for storing baking pans, staples, measuring cups, and spoons.





5





6

Families that like to cook

The Ng family's Chinese dinner

For Natalie and Norman Ng of San Francisco, a family-style Chinese dinner revives happy childhood memories. Natalie has a special fondness for the firepot, since she remembers how its cozy glow drew everyone together on snowy evenings in China, for some warmth as well as for nourishment.

Now, as then, preparing a typical Chinese meal involves considerable chopping and shredding. The children star at shredding chicken for the first course—**Shredded Chicken Salad.** And they're expert, too, at decking the completed salad with greens, kumquats, and toasted slivered almonds.

For safety's sake, the grown-ups handle the chopping of ingredients—Chinese cabbage, shrimp, bamboo shoots, mush-









rooms—for **Hot Firepot.** The chopping is done with razor-sharp cleavers on round blocks and requires a sure and steady hand. All the ingredients cook in bubbling hot chicken broth. The Ng family use small wire baskets to cook their dinners but fondue forks or tongs work as well. For dunking the firepot bounty, each person gets a cup of **Hong Kong Dip** made from sesame oil and soy sauce. Long-grain rice, noodles cooked in the simmering chicken broth, and tea are the traditional accompaniments.

A snow-white dessert, **Almond Float,** ends the meal on an elegant note. Natalie serves these almond-flavored gelatin cubes in simple long-stemmed sherbets and tops them with mandarin oranges.

Recipes begin on page 76.

Photographs de Gennaro









BY JOAN McCLOSKEY

Ethnic cooking made easier

You, too, can turn out the luscious Italian and Chinese dishes fancied by our "Families that like to cook." To make it easier, we've assembled some specialized cooking accessories. Large stockpots can be used for a variety of soups and stews besides the Italian sauces. Use the pot for preparing double- or triple-batch recipes, then pop the food into the freezer for future use. Wooden spoons, tongs, and presses add character to your kitchen—and they'll help you look and cook like a real pro. Slicers are money-savers as well as work-savers because they make vegetables and meats go farther. Hot pots and woks are great for cook-at-the-table dinners, whether for company or family dinners. You'll find these items in department-store kitchen centers and at gourmet kitchen shops.





Photographs: Dieter

Buying Information, page 93.

Italian Cooking Accessories

- Store macaroni or spaghetti in a pasta jar (left). A lineup of jars on an open shelf in the kitchen lets you see exactly what kinds of pasta you have on hand.
- With a garlic press (front left) for crushing cloves, you can add freshest seasoning to sauces, meat dishes, and hot bread. The two pieces come apart for easy cleaning.
- Ten wooden pegs on a foot-long spaghetti spoon (center front) help you serve spaghetti with aplomb. The pegs hold the pasta securely till *you* want to put it down.
- Use a long ravioli cutter (center) to turn out uniform envelopes for filling. Roll the pin across a sheet of pasta, fill the squares with a vegetable or meat filling, and top with another layer of pasta. When not in use, the ravioli pin makes a handsome addition to your kitchen wall.
- If you want your ravioli envelopes to have a professional look, stamp them out from a ravioli pan (bottom right). Moisten the edges of each pasta square, then use a knife to separate.
- Stockpots (top left) are a must for cooking pasta in large quantities. You might want to have a variety of sizes: they range from 2½ quarts to 16 quarts.
- For authentic pasta flavor, do as the Romans do and start with homemade pasta as the basic ingredient. Your family will have as much fun as the Borellis making the fresh dough, rolling it through the pasta press (center), till it's the thickness you want. Then choose from a selection of shapes: make wide noodles, thin spaghetti, vermicelli, or ravioli. A dial on the side of the press determines the degree of thinness; a clamp secures the machine to the table surface.
- Spaghetti tongs (right) work the same way the spaghetti spoon does. You can grasp a serving-size portion and neatly dish the pasta onto individual plates.
- Italians love the strong, dark coffee that comes from espresso makers (top right). Place ground coffee in the funnel inside the pot, screw it into the filter, and fill the lower portion of the pot with water. Then heat the pot on top of the range, and in only a few minutes the water bubbles up through the grounds into the top portion.

Chinese Cooking Accessories

- For thin-sliced celery, shrimp, steak, or water chestnuts, typical of Chinese cuisine, you need a very sharp Chinese cleaver or chopper (bottom left). This two-toned blade slices thinner than does the heavier (solid tone) chopper. You can buy the cleavers with either a carbon steel (less expensive) or stainless steel blade.
- Many-layered bamboo steamers (top left) allow you to cook as many courses as there are steamer layers. For example, you can cook meatballs on the bottom layer, pea pods in the center, and a third course on top. When all layers are assembled, place the covered unit over a kettle of rapidly boiling water. Check cook books for specific timings. Hint: use a layer of cheesecloth or damp paper toweling on the bamboo grids to help you remove the food with ease.
- The Mongolian firepot, hot pot, or huo-kuo (center) consists of a chimney that rises through the center of a brazier unit below. You use charcoal briquets as the heat source to heat broth in the "moat." To protect the utensil, have liquid in the container *before* lighting the coals.
- Use a mesh skimmer (right) to remove food from broth or drain foods that have been cooked in deep fat. The long handle is a must if you place a wok or tempura pan in the center of the table for a participation dinner.
- The round-bottomed wok (top right) with adapter ring can be used over charcoal or on a standard range. You'll find woks available with one or two handles, in various sizes, made from different metals, and in all price ranges. Electric woks are also available in several styles.
- The ladle and spatula shown inside the wok are used for stir-frying. Their curved shapes follow the contour of the wok, an important feature when you're working quickly.
- An adjustable stainless steel cutting blade set diagonally into the cucumber slicer (bottom right) makes it easier for you to bias-slice vegetables. The serrated blade helps add eye appeal to the sliced vegetables.
- Chinese children learn to use chopsticks (bottom right) at a very early age; you may need some practice before this skill comes as naturally to you.



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Buying Information, page 93

FILE UNDER APPETIZERS

CHEESE APPETIZERS

Cheese Puffs

A make-ahead cheese appetizer wins first prize—

1 4-ounce container whipped cream cheese
1 egg
1 teaspoon lemon juice
1 teaspoon frozen chives
½ cup (2 ounces) shredded sharp white natural cheddar cheese
4 slices bacon, crisp-cooked, drained, and crumbled
4 frozen patty shells, thawed

Combine cream cheese, egg, lemon juice, chives, and a dash pepper; beat well. Stir in cheddar cheese and bacon. Chill. Roll one of the patty shells to 8x4-inch rectangle. Cut into 2-inch squares. Top each square with a rounded teaspoon of filling. Brush edges with milk. Fold to form triangle; seal. Place on ungreased baking sheet. Repeat with remaining shells and filling. Chill appetizers till ready to bake. Place in 450° oven. Immediately reduce temperature to 400°; bake 12 to 15 minutes. Makes 32 appetizers.

Mrs. Harold W. Cogger, Newburyport, Mass.



Photographs: Dveter

FILE UNDER FISH

CANNED FISH AND SEAFOOD

Clam Chowder Pie

Ingredients found in a classic soup make a prizewinning casserole—

2 medium potatoes, pared and chopped
¼ cup chopped onion
2 7½-ounce cans minced clams
4 teaspoons flour
2 tablespoons snipped parsley
¼ teaspoon salt
Dash pepper
2 tablespoons butter or margarine, melted
¾ cup milk
Pastry for 1-crust 9-inch pie

Boil potatoes and onion in 1 cup water till tender; drain. Drain clams, reserving ½ cup liquid. Stir flour, parsley, and seasonings into butter or margarine. Add reserved clam liquid and milk all at once; cook and stir till bubbly. Stir in vegetables and clams. Pour into ungreased 9-inch pie plate. Roll out pastry into a 10-inch circle. Cover filling with pastry. Turn edges under and flute; cut slits for escape of steam. Bake in 425° oven for 25 to 30 minutes. Let stand 5 minutes. Makes 6 servings.

Mrs. Maynard J. Weber, Newport News, Va.

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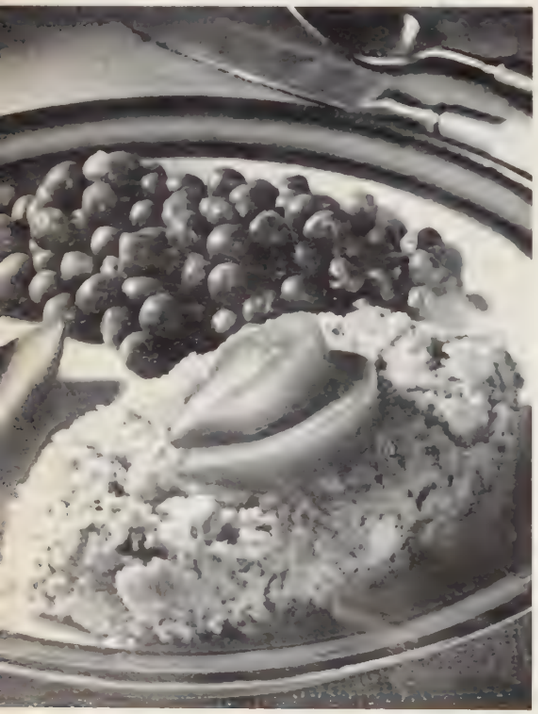
Fluffy Tuna Potato Casserole

For a good "puff," be gentle when folding in the egg whites—

Packaged instant mashed potatoes (enough for 4 servings)
2 slightly beaten egg yolks
½ teaspoon dry mustard
Dash bottled hot pepper sauce
2 6½- or 7-ounce cans tuna, drained and broken into pieces
1 cup (4 ounces) shredded sharp process American cheese
2 stiff-beaten egg whites
½ cup bite-sized rice cereal squares, lightly crushed (⅓ cup crumbs)
1 tablespoon butter or margarine, melted

Prepare potatoes according to package directions *except* use 1 cup water and omit salt. Stir in egg yolks, mustard, and hot pepper sauce. Mix well. Stir in tuna and cheese. Fold in egg whites. Turn into 1-quart soufflé dish or casserole. Combine cereal crumbs and butter or margarine. Sprinkle over top of tuna mixture. Bake in 375° oven for 45 to 50 minutes. Makes 4 to 6 servings.

Mrs. Leona Cardwell, Ocean City, N.J.



Oven Salmon Cakes

1¼ cups coarsely crushed rich round cheese crackers (about 30 crackers)
1 slightly beaten egg
2 tablespoons snipped parsley
2 tablespoons sliced green onion
2 tablespoons milk
Dash pepper
Dash worcestershire sauce
1 16-ounce can salmon, drained, flaked, and bones removed
1 cup (4 ounces) shredded sharp natural cheddar cheese
1 tablespoon butter or margarine, melted
1 tomato, cut in 8 thin wedges

Combine ¼ cup of the cracker crumbs, the egg, parsley, onion, milk, pepper, and worcestershire. Add salmon and cheese; mix thoroughly. Shape into 4 patties. Mix butter or margarine and the remaining crumbs. Coat patties with mixture. Place on ungreased baking sheet. Bake in 400° oven 10 minutes. Place tomato on cakes. Bake 5 minutes. Makes 4.

Mrs. William Strieber, Crofton, Md.



Swiss Bacon Pleasers

There's a custard-like filling sandwiched between the cheese and bacon—

1 package refrigerated crescent rolls (8 rolls)
4 slices (6 ounces) natural Swiss cheese
3 slightly beaten eggs
¾ cup milk
1 tablespoon instant minced onion
4 slices bacon, crisp-cooked, drained, and crumbled
1 tablespoon dried parsley flakes

Separate dinner rolls into four rectangles. Press 2 rectangles onto bottom and 1 inch up sides of well-greased and floured 8x8x2-inch baking pan. Place two of the cheese slices over dough. Combine eggs, milk, and onion; pour half of milk mixture over cheese in pan. Sprinkle with half the bacon and parsley flakes. Repeat with remaining ingredients in a second 8x8x2-inch pan. Bake in 425° oven 15 to 18 minutes. Cool 5 minutes; cut into 2-inch squares. Makes 32 appetizers.

Jeanette Cooper, Sacramento, Calif.



Pimiento Cheese Dip

Stir the dip by hand just before serving to revive the fluffy quality—

2 cups (8 ounces) process pimiento cheese, shredded
½ cup dairy sour cream
1 3-ounce package cream cheese, softened
½ cup tomato juice cocktail
2 mild green chili peppers, seeded and chopped
3 slices bacon, crisp-cooked, drained, and crumbled
Raw vegetable dippers
Assorted crackers

In small mixer bowl, combine pimiento cheese, the sour cream, cream cheese, tomato juice cocktail, and chilies. Beat with rotary beater till light and fluffy. Stir in crumbled bacon. Chill. Serve with vegetable dippers and crackers. Makes 2 cups dip.

Ms. Jan Hanson
Kansas City, Mo.

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Next time get compliments on your cake, not on your icing.

Yellow Lemon Cake

ackage (2-layer size) yellow cake mix
ackage (3-3/4 oz.) Jell-O® Lemon Instant Pudding & Pie Filling
4 eggs
¼ cup salad oil
1 cup water



Combine all ingredients in large mix- bowl. Blend; then beat at medium speed 2 minutes, or 300 vigorous strokes by id. Pour into greased and floured 13x9-inch pan. Bake at 350° 45 to 50 minutes, or until cake tester inserted in center comes out an. Cool in pan 15 minutes; then remove from pan and finish ling on rack. Sprinkle with confectioners sugar.

For sugar design, place paper doilies on the cake before sprinkling with confectioners sugar; then carefully lift doilies off.

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begins on page 60

Families that like to cook

BASIC PASTA
4 cups all-purpose flour
½ teaspoon salt
3 eggs
About ½ cup water

In large bowl, stir together [flour] and salt. Make a well in c[enter] and add eggs. Beat well. St[ir] just enough water to form a [soft] stiff dough. Turn out onto li[ghtly] floured surface. Knead till d[ough] is smooth and elastic, abou[t] minutes. (Dough will be stiff[er] elastic.) Divide dough in half.

Rolling Pin Method: On flo[ured] surface, roll half the doug[h] thin as possible; cover an[d] rest a few minutes. Repeat [roll]ing and resting till dough is [as] stated in recipes following. [Let] stand 20 minutes. Cut into [fet]tuccine, ravioli-, or cannel[loni]-shaped pasta as directed [in] recipes. Repeat with remai[ning] pasta dough.

Pasta Machine Method: [Roll] dough through pasta machin[e] widest opening. Repeat [rolling] times, folding in thirds a[fter] lengthens from successive [rol]lings. Set machine at setting [2 or] 3 for final rolling to make [fet]tuccine, ravioli-, or cannel[loni]-shaped pasta.

To roll, shape, and cook [fet]tuccine: See method for *Italian [Pasta] Roll.*

To roll, shape, and cook [Pasta] oli: See method for *Imp[roved] Ravioli.*

To roll, shape, and cook [Pasta] nelloni: See method for *Can[nel]loni a la Rossini.*



Photograph:

CANNELLONI A LA ROSSINI
½ recipe Basic Pasta
1 large onion, chopped (¾ cup)
3 tablespoons butter or margar[ine]
¼ cup all-purpose flour
1 teaspoon salt
Dash pepper
3 cups milk
½ cup dry white wine
3 beaten eggs
2 cups finely chopped, cooked chicken

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10 minutes. Keep warm.

With meat mallet, pound a generous amount of salt and pepper into steak till meat is ¼ inch thick; sprinkle with salt and pepper. Combine egg, pork, ham, parmesan, and parsley. Spread pork mixture evenly over steak. Roll meat as for jelly roll. Press seams together. Tie securely with string or skewer together.

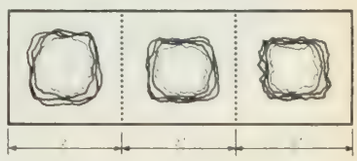
In a skillet, brown meat on all sides in mixture of hot olive oil and butter or margarine. Add onion and garlic. Cook till onion is tender but not brown. Remove from heat. Add cognac to skillet and ignite. When flame has burned out, return skillet to heat. Add wine and simmer till it is nearly evaporated. Stir in beef broth, tomato paste, and oregano. Cover and simmer 45 minutes, basting occasionally. Remove meat from skillet; slice and arrange atop hot noodles. (Note: center of meat roll will have a pink color when sliced.) Skim fat from sauce in skillet; pour sauce over all. Makes 6 to 8 servings.

IMPERIAL RAVIOLI

½ recipe Basic Pasta
2 tablespoons chopped onion
1 tablespoon olive oil
1 10-ounce package frozen chopped spinach
1 beaten egg
½ cup ricotta cheese
¼ cup (1 ounce) grated parmesan cheese
1 cup finely diced cooked chicken
1 recipe Spicy Tomato Sauce

On floured surface, roll dough as thin as possible; cover and let rest a few minutes. Repeat rolling and resting till dough is a 20x18-inch rectangle about 1/16 inch thick. Let rest 20 minutes. Cut into strips 2 inches wide.

Cook onion in olive oil till tender. Cook spinach according to package directions. Drain well, pressing out excess liquid. Measure ½ cup of spinach. Combine egg, ricotta, and parmesan. Add the ½ cup spinach, the onion,



and chicken; mix well. Place one teaspoon of filling at 2-inch intervals beginning 1 inch from end of strip. Top with second strip of dough. Cut dough at 2-inch intervals making squares. Moisten edges with water; seal edges well with tines of fork. Repeat with remaining filling and pasta strips. Set aside to dry for 1 hour, turning once.

Cook ravioli in large kettle of rapidly boiling salted water till

continued

2 chicken livers, cooked and finely chopped
1 cup (4 ounces) shredded mozzarella cheese
2 tablespoons grated parmesan cheese

On floured surface, roll dough as thin as possible; cover and let rest a few minutes. Repeat rolling and resting till dough is a 21x15-inch rectangle about 1/16 inch thick. Let rest 20 minutes. Cut in squares, about 3x3 inches. Let dry on cake racks two hours, or leave on counter and turn often. Drop the pasta into boiling, salted water and cook, uncovered, for 8 to 10 minutes; drain. Rinse in cold water; drain.

Cook onion in butter or margarine till tender. Blend in flour, salt, and pepper; add milk and wine. Cook and stir till thickened and bubbly. Stir a moderate amount of hot mixture into beaten eggs; return to saucepan. Cook and stir 1 minute more over low heat. Remove 2½ cups of the sauce. To remainder, add chicken, livers, and mozzarella.

Spoon a generous tablespoon of the chicken mixture on each cannelloni square; roll up. Place in lightly greased 13x9x2-inch baking dish. Pour reserved sauce over top. Sprinkle with parmesan. Cover with foil. Bake in 375° oven for 15 minutes. Uncover and bake 5 minutes more. Makes 6 to 8 servings.

ITALIAN BEEF ROLL

1 recipe Basic Pasta for noodles
1½ pounds beef round steak cut about ½ inch thick
1 slightly beaten egg
½ pound ground pork
¼ pound (¾ cup) ground ham
¼ cup (1 ounce) grated parmesan cheese
¼ cup chopped parsley
1 tablespoon olive oil
1 tablespoon butter or margarine
1 large onion, chopped (¾ cup)
1 clove garlic, minced
¼ cup cognac or brandy
½ cup dry red wine
1 cup beef broth
¼ cup tomato paste
1 teaspoon dried oregano, crushed

To make noodles, roll half the dough as thin as possible on floured surface. Cover and let rest a few minutes. Repeat rolling and resting till dough is a 21x15-inch rectangle. Let rest 20 minutes. Roll up dough loosely. Slice ⅛ inch wide; unroll. Let dry on cake racks two hours, or leave on counter and turn often. Repeat with remaining dough. Drop the pasta into boiling, salted water and cook, uncovered, about

And what can't you make of it!

CRANBERRY-NUT COFFEE CAKE

1/4 cup brown sugar (packed)
1/2 cup chopped walnuts
1/4 teaspoon cinnamon
2 cups Bisquick baking mix
2 tablespoons granulated sugar
1 egg
2/3 cup water or milk
2/3 cup whole cranberry sauce
Confectioners' Sugar Icing

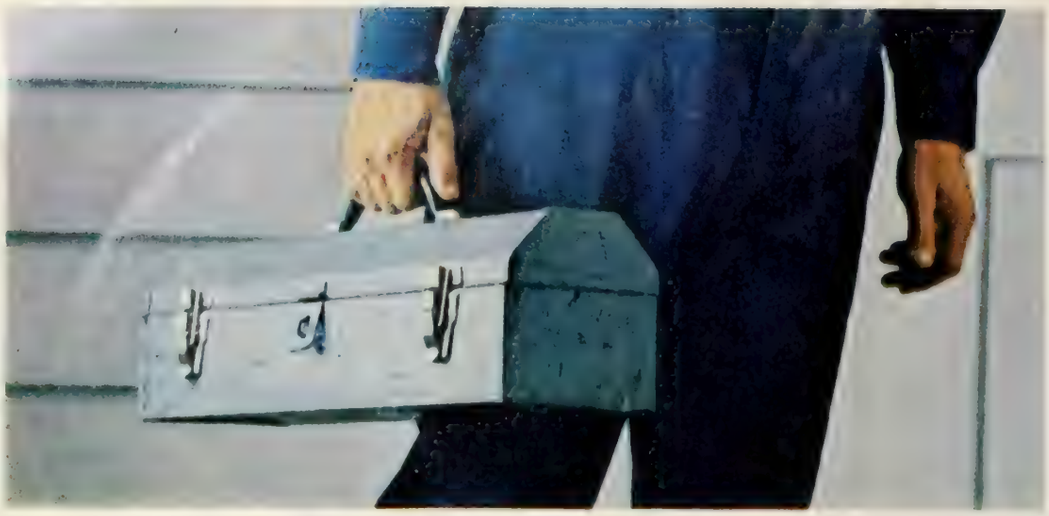
Heat oven to 400°. Grease square pan, 9x9x2 inches. Mix brown sugar, walnuts and cinnamon. Combine baking mix, granulated sugar, egg and water; beat vigorously ½ minute. Spread in pan; sprinkle with nut mixture. Spoon cranberry sauce over top. Bake *20 to 25 minutes*. While warm, spread with Confectioners' Sugar Icing. *9 servings.*

CONFECTIONERS' SUGAR ICING: Blend 1 cup confectioners' sugar, ½ teaspoon vanilla and about 1 tablespoon water.

This recipe was developed and tested in the Betty Crocker Kitchens.

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continued

Families that like to cook

tender, about 8 to 10 minutes. Rinse in cold water; drain well. Place in lightly greased 11x7½x1½-inch baking dish. Pour *Spicy Tomato Sauce* over all. Bake, covered, in 350° oven for 25 minutes. Pass additional grated parmesan, if desired. Makes 8 to 10 servings.

To make Spicy Tomato Sauce: Combine one 15-ounce can (2 cups) tomato sauce, one 7½-ounce can tomatoes, cut up, 1 cup water, ¼ cup finely chopped onion, 2 tablespoons snipped parsley, 2 teaspoons sugar, 1 teaspoon salt, and 1 teaspoon dried oregano, crushed. Simmer, uncovered, for 30 to 40 minutes, or to desired consistency, stirring occasionally.

ROMAINE RELISH SALAD

1 teaspoon sugar
½ teaspoon salt
Several dashes ground cinnamon
1 tablespoon salad oil
1 tablespoon lemon juice
8 cups torn romaine
1 4-ounce jar pimiento, drained and sliced (½ cup)

In small jar, combine sugar, salt, cinnamon, oil, and lemon juice; cover and shake well. Pour over romaine and pimiento; toss lightly. Makes 4 to 6 servings.

BASTILA

½ pound phylo dough (10 to 11 16x12-inch leaves)
2 cloves garlic, finely chopped
2 tablespoons salt
2 2½- to 3-pound broiler-fryers, quartered, with giblets
1½ cups chopped onion
1 cup snipped parsley
1 teaspoon ground ginger
1 inch stick cinnamon
½ teaspoon thread saffron, crushed
½ teaspoon freshly ground black pepper
3 cups water
½ cup butter or margarine
½ cup lemon juice
8 slightly beaten eggs
1 cup (4 ounces) toasted almonds
¼ cup sifted powdered sugar
1½ teaspoons ground cinnamon
4 tablespoons butter or margarine, melted
Sifted powdered sugar
Ground cinnamon

Thaw phylo at room temperature 2 hours. Blend the garlic with the salt in a mortar and pestle until it forms a paste, about 5 to 10 minutes. Rub the paste over all of the chicken pieces except giblets and let stand 30 minutes. Rinse the chicken pieces well; place in a Dutch oven with the giblets, onion, parsley, ginger, stick cinnamon, saffron, pepper, water, and the ½ cup butter or margarine. Bring to boiling; cover and simmer 1 hour, or till meat is very tender. Add lemon juice. Remove chicken from broth. Strain broth; return broth to pan. Boil, uncovered, till broth is reduced to 1¾ cups, about 35 to 45 minutes. When chicken is cool enough to handle, remove skin and bones; finely chop meat and giblets. Moisten meat with ¾ cup of the reduced broth; set aside.

Gradually stir in the remaining 1 cup hot broth into beaten eggs. Return to saucepan; cook over medium heat, stirring constantly, till eggs are consistency of fine scrambled eggs. Set aside.

Pulverize almonds, half at a time, in blender. Combine almonds, the ¼ cup powdered sugar, and the 1½ teaspoons ground cinnamon. Set aside.

Unroll phylo; cover with a lightly dampened towel. Place 4 pastry leaves in a stack on a cookie sheet; bake in 400° oven 1 minute. Leaves will be crisp but not browned. Brush 2 tablespoons of the melted butter over bottom and sides of a 15½x10½x2-inch baking pan.*

Place one *unbaked* leaf of phylo in bottom of pan. Arrange two *unbaked* leaves with 4 inches overhanging one end of the pan; arrange 2 more with the same overhang on the opposite end. Spread the egg mixture over the phylo. Top with 2 of the baked leaves. Spread with chicken mixture; top with the 2 remaining baked leaves. Cover with almond mixture. Fold in excess phylo from sides. Fold the 4-inch overhanging leaves from bottom layer over the top. Place remaining unbaked leaves over all, extending equally over each side. Tuck under the entire pie so that no filling shows. Brush with remaining melted butter. Bake in 400° oven for 30 minutes or till golden. Loosen sides; pour or spoon off and reserve any excess butter. Invert onto a baking sheet. Brush with reserved butter. Return to oven. Bake 15 to 20 minutes longer or till golden. Place a stencil or star-shaped dish in center. Sift powdered sugar over surface. Fill in stencil or star with



RATHSKELLER STYLE GROUND BEEF.
3/4 pound ground beef • 1 teaspoon salt • Dash of pepper • 1/4 cup water • 1 teaspoon lemon juice • 1 teaspoon grated lemon rind • 1 package (10 oz.) Birds Eye® Bavarian Style Beans with Spaetzle with a Seasoned Sauce

Brown ground beef with salt and pepper in skillet. Add water, lemon juice, lemon rind, and vegetables. Bring to full boil over medium heat, separating vegetables with fork; stir until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Garnish as desired. Makes 3 servings



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MORE INTERNATIONAL DINNER RECIPES.

JAPANESE STYLE CHICKEN. *1/4 cup unsifted all-purpose flour • 1 teaspoon salt • 1/8 teaspoon pepper • 2 pounds frying chicken pieces • 3 tablespoons salad oil • 1/2 cup water • 1 teaspoon soy sauce • 1 package (10 oz.) Birds Eye® Japanese Style Vegetables with a Seasoned Sauce • Hot cooked rice (optional)*

Combine flour, salt and pepper; dredge chicken pieces. Heat oil in large skillet; add chicken and brown well on both sides. Turn chicken skin-side up, and add water. Bring to a boil; cover, and simmer 30 minutes, or until chicken is tender. Place chicken on a platter and keep warm. Add soy sauce and vegetables to skillet. Bring to a full boil over medium heat, separating vegetables with a fork; stir until sauce cubes are blended. Reduce heat, cover and simmer 3 minutes. Serve over chicken, with rice, if desired. Makes 3 servings.



VIKING STYLE GROUND BEEF. *3/4 pound ground beef • 1 teaspoon salt • 1 teaspoon onion powder • 3 tablespoons milk • 1 package (10 oz.) Birds Eye® Danish Style Vegetables with a Seasoned Sauce*

Combine beef, salt, and onion powder; brown well in skillet. Add milk and vegetables. Bring to full boil over medium heat, separating vegetables with fork; stir until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. If desired, serve with French bread. Makes 3 servings.



JAPANESE STYLE HAMBURGER. *3/4 pound ground beef • 2 teaspoons cornstarch • 1/4 teaspoon salt • 1 cup water • 1 cup thin egg noodles • 1 package (10 oz.) Birds Eye® Japanese Style Vegetables with a Seasoned Sauce • 1 to 2 tablespoons soy sauce*

Brown beef well in skillet, leaving meat in large chunks. Dissolve cornstarch and salt in water. Add to skillet and bring to a boil. Stir in noodles, cover and simmer 2 minutes. Add vegetables. Bring to a full boil over medium heat, separating vegetables with a fork; stir until sauce cubes are blended. Reduce heat, cover and simmer 3 minutes. Stir in soy sauce. Makes 3 servings.



ORIENTAL CHICKEN. *3 boned chicken breasts (about 3/4 lb.), or 1-1/2 cups diced cooked chicken • 2 tablespoons butter or salad oil • 1/4 cup water • 1 package (10 oz.) Birds Eye® Chinese or Japanese Style Vegetables with a Seasoned Sauce • 1/4 cup coarsely chopped nuts (optional)*

Cut chicken into 3/4-inch pieces. Cook and stir in heated butter or oil in skillet until chicken turns white. Add water and vegetables. Bring to full boil over medium heat, separating vegetables with fork; stir until sauce cubes are blended. Reduce heat; cover and simmer 2 minutes. Sprinkle with nuts before serving. If desired, serve with rice. Makes 3 servings.



some ground cinnamon. Serve warm or hot. May be covered and refrigerated till serving time, if desired. Reheat in oven to serve. Makes 35 appetizer servings or 12 main dish servings.

*Bastila may also be baked in a 12-inch round cake pan (wedding tier pan) or a 12-inch springform pan using foil underliner to prevent leakage. Fit phylo into round pan using above recipe directions, folding phylo to fit where necessary.

SESAME TAJINE WITH HONEY

2 teaspoons sesame seed
1 tablespoon olive oil
1 tablespoon butter or margarine
1 large onion, very thinly sliced
1 teaspoon salt
½ teaspoon ground ginger
¼ teaspoon coarsely ground black pepper
⅛ teaspoon powdered saffron
2 pounds boneless lamb, cut in 1-inch cubes
¾ cup (16) pitted prunes
1 tablespoon lemon juice
1 tablespoon honey

Sprinkle sesame seed on baking sheet. Brown, stirring or shaking occasionally, in 350° oven for 10 minutes.

In skillet, heat oil and butter or margarine together. Stir in onion, salt, ginger, pepper, and saffron. Add lamb; mix into onion mixture. Cover and simmer, stirring occasionally, 1½ hours, or till meat is very tender. Add prunes; cover and cook 15 minutes longer. Remove meat to serving platter; arrange prunes on top and keep warm. Boil liquid in skillet (about 1 cup) over high heat until reduced to a moderately thick sauce, about ¾ cup. Stir in lemon juice and honey. Pour over lamb and prunes; sprinkle with sesame seed. Makes 8 servings.

BAKLAVA

1 pound phylo dough (21 16x12-inch leaves)
1 cup butter or margarine, melted
1 cup walnuts, finely chopped or ground
½ cup blanched almonds, finely chopped or ground
2 tablespoons sugar
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
⅛ teaspoon ground cloves
1 recipe Lemon-honey Syrup

continued



Hints to Help You

Easy skillet main dishes can start from a package mix, a can, or the freezer. Be creative with eggs or cheese. Or, convert a bean casserole to skillet fare. Pasta and canned meat make a good start. Hints:

chili eggplant skillet
braised chicken and carrots
salami and corn toss
luncheon meat creole
skillet tuna and noodles

Jams and jellies can start with fresh or frozen fruit. You might stir in a favorite spice or combine fruits in an unusual way. Remember, jams can be either the cooked or uncooked variety. Include shortcut ideas. Suggestions:

pineapple-sauterne jelly
sweet cherry-rhubarb jam
cranberry freezer treat
cinnamon plum jam
lemonade jelly

THIS MONTH'S WINNERS

(See recipes on pages 73 and 74.)

Cooks-of-the-Month

Mrs. Harold W. Cogger, Newburyport, Mass.
Mrs. Maynard J. Weber, Newport News, Va.

Runners-up

Mrs. Leona Cardwell, Ocean City, N.J.
Jeanette Cooper, Sacramento, Calif.
Ms. Jan Hanson, Kansas City, Mo.
Mrs. William Strieber, Crofton, Md.

Honor Roll

Mrs. Ginger Berg, Fair Oaks, Calif.
Mrs. Stephen Bristol, Santa Barbara, Calif.
Angelene Bunde, Anchorage, Alaska
Barbara Greenstein, Boston, Mass.
Mrs. Thomas Hunt, Anderson, Ind.
Mrs. Nancy C. Jacobus, Medfield, Mass.
Mrs. George Oberrender, Jr., Easton, Pa.
Mrs. Eileen Rasmussen, Denver, Colo.
Barbara Schreier, Bethlehem, Pa.
Lynn Steuer, Hawley, Pa.
Mrs. C. E. Thornton, Lansing, Mich.
Mavis Womack, Ackerman, Miss.

Win money for your recipes



EASY SKILLET MAIN DISHES—FRUIT JAMS AND JELLIES

We're looking for easy skillet meals that feed a family on a shoestring. And we'd like to get your recipes for a jam or jelly featuring fruit. Send your recipe today for either or both categories and you could be a prizewinner next August. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each and 12 Honor Roll winners get $10 each. The selected winning recipes will be pictured on the Prize Tested Recipes pages next August. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six personal copies of the endorsed recipe.

Contest Rules

1. **Write or type your recipe clearly on one side of the paper and mark it, "August Easy Skillet Main Dishes" or "August Fruit Jams and Jellies." If you wish, send a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of paper.**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.**
5. **Include 50 to 100 words about the origin of the recipe you submit.**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, January 31. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7401 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.**

tinued

amilies that ke to cook

aw phylo at room tempera- 2 hours. Cut sheets of phylo half crosswise. Cover with ightly damp towel. Butter the tom of a 14x10x2-inch bak- dish. Lay 10 of the half ets of phylo in pan, brushing h sheet with some of the melt- butter or margarine. Mix nuts n sugar and spices. Sprinkle of the nut mixture over phy- n pan. Drizzle with some of melted butter. Top with an- er 20 of the half sheets of lo, brushing each with more the melted butter. Repeat n another layer of nut mix- and remaining phylo. Cut, out cutting through bottom r, into diamond-shaped pieces quares. Bake in 350° oven for o 55 minutes. Finish cutting allow to cool. Pour warm ion-honey Syrup over. Makes it 2 dozen diamonds.

o make Lemon-honey Syrup: aucepan, combine 1 cup sug- 1 cup water, and ½ lemon, d; boil gently for 15 minutes. ove lemon; add 2 table- ns honey. Stir. Makes 1 cup.

CKEN WITH ALMONDS AND INS

lespoons olive oil
lespoons butter or margarine
ge onions, very thinly ced and separated into gs
aspoon salt
aspoon coarsely ground ack pepper
aspoon powdered saffron
aspoon cayenne
iler-fryer breasts, split
iler-fryer thighs *or* rumstick-and-thigh-joints, parated
p raisins
p blanched whole almonds, sted
spoons lemon juice

eavy heatproof casserole or h oven, heat oil and butter argarine together. Stir in on- salt, pepper, saffron, and ne. Add chicken, turning to with onion mixture. Cover simmer, turning chicken oc- nally, 45 to 60 minutes, or ender. Remove chicken to ng platter; keep warm. Cook in casserole over high heat. ng constantly, till reduced to derately thick sauce, about inutes. Stir in raisins, al- ls, and the lemon juice; heat gh. Pour over the chicken. es 4 to 6 servings.

ER LAMB WITH CUMIN

espoon olive oil
espoon butter or margarine

continued

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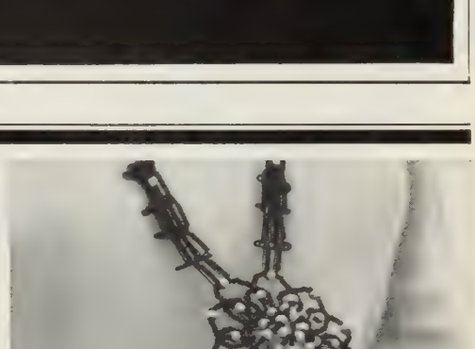
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How to order material from the magazine

Our exclusive collection of safety pin and bead jewelry is as much fun to make as it is to wear. Each piece is easy to assemble and suitable for almost any age and wardrobe. This handcrafted jewelry is both richly beaded and reasonably priced, which makes it ideal for gift-giving. Each of these Better Homes and Gardens kits is satisfaction-guaranteed.



You can make our delicate, Victorian-style necklace from black pins, beads, and turquoise or yellow wood beads. The pendant has a raised center for a three-dimensional look. Our kit includes pins, beads, wire, clasp, and step-by-step instructions.

continued

Families that like to cook

2 large onions, very thinly sliced
2 tablespoons chopped parsley
1 large clove garlic, minced
1 teaspoon salt
1 teaspoon ground ginger
1 teaspoon ground cumin
½ teaspoon paprika
¼ teaspoon pepper
⅛ teaspoon powdered saffron
2 pounds boneless lamb, cut in 1-inch cubes
½ cup blanched whole almonds, toasted
1 tablespoon lemon juice
1 hard-cooked egg, cut in wedges
Parsley sprigs

In large saucepan or Dutch oven, heat oil and butter or margarine together. Stir in onions, the chopped parsley, the garlic, and seasonings. Add lamb, turning to coat with onion mixture. Cover and simmer, stirring occasionally, 1½ hours, or till very tender. Remove lamb to serving platter; keep warm. Cook remaining liquid in Dutch oven over high heat, stirring constantly, till thickened, about 3 to 5 minutes. Stir in almonds and lemon juice; heat through. Pour over lamb. Arrange eggs and parsley sprigs around lamb. Makes 8 servings.

HOT FIREPOT

1 2-ounce package dried Oriental mushrooms
1 pound beef flank steak, partially frozen
½ cup sesame oil
¼ teaspoon garlic salt
1 pound shrimp, shelled
1 teaspoon salt
½ pound white fish
2 cups fresh spinach
1 head Chinese cabbage
¼ pound fresh bamboo shoots, cut up
4 to 6 cups chicken broth
1 recipe Hong Kong Dip
1 cup fine noodles

Soak mushrooms in water according to package directions. Slice partially frozen steak into ¼-inch strips across the grain. Marinate meat in the sesame oil and garlic salt for a few hours. Sprinkle shrimp with the 1 teaspoon salt. Let stand 10 minutes; rinse. Cut white fish into ½-inch cubes; sprinkle lightly with additional salt. Cut spinach and cabbage leaves into 2-inch strips, then halve.

In firepot or fondue pot, heat broth to boiling. Spear assorted meats and vegetables with fondue fork or arrange in Oriental cooking baskets, cook in hot broth till done. Serve with *Hong Kong Dip.*

Drop noodles into the remaining boiling broth. Cook till tender but still firm. Ladle soup into bowls. Makes 6 servings.

To make Hong Kong Dip: In small saucepan, heat 1 cup sesame seed oil. Remove from heat; Stir in 2 tablespoons soy sauce and ¼ teaspoon bottled hot pepper sauce. Makes 1 cup sauce.

ALMOND FLOAT

¼ cup sugar
1 envelope unflavored gelatin
1¾ cups milk
1 teaspoon almond extract
¼ cup water
¼ cup sugar
1 11-ounce can mandarin oranges, drained
1 cup fresh pineapple cubes

In small saucepan, stir together the first ¼ cup sugar and the gelatin. Add about half of the milk; cook and stir till gelatin dissolves. Add remaining milk and extract. Pour into a 9x5x3-inch loaf pan. Chill till firm. Meanwhile, in saucepan, combine the ¼ cup water and remaining sugar. Bring to boiling. Chill. Cut gelatin into 1-inch cubes. Arrange with oranges and pineapple in sherbet glasses. Pour several teaspoons of the chilled syrup on each. Makes 6 servings.

SHREDDED CHICKEN SALAD

3-pound whole roasting chicken
Cooking oil
3 tablespoons sesame oil
3 tablespoons soy sauce
Dash bottled hot pepper sauce
1 small head lettuce, shredded
2 tablespoons toasted slivered almonds
Kumquats

Rinse chicken; pat dry. Truss bird and place, breast side up, on rack in a shallow roasting pan. Rub skin with cooking oil. Roast, uncovered, in 375° oven for 1½ to 2 hours. When bird is ¾ done, cut band of skin or string between legs and tail. Continue roasting till done. When done, thickest part of drumstick should feel very soft when pressed between fingers protected with paper towels, and drumstick should move up and down and twist easily in socket. Cool and remove skin and bones from bird. Shred and lightly salt chicken. Chill. Combine sesame oil, soy sauce, and hot pepper sauce. Toss together chicken, shredded lettuce, and soy mixture. Place on lettuce-lined plates. Top each serving with some almonds. Garnish with kumquats. Makes 8 servings.



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Above photograph of "Peas with Pearl Onions"

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Skimp and splurge vacationing in HAWAII

The tropical enticements of the Hawaiian Islands are marvelously democratic in their availability to all. You don't have to arrive loaded down with tons of money to savor the ingredients of Everyman's dream of paradise: lovely beaches interspersed with dramatic rocky shores; lush forests against a backdrop of lofty volcanoes; countless hours of sunshine pleasantly softened by balmy breezes; luxuriant plants and exotic flowers; tumbling waterfalls and soaring mountains; rice paddies and ranches; and always the proximity of the purely blue Pacific and of the joyfully lyrical people of Hawaii, who generate an every-day-is-a-festival mood that turns noises into melodies, motion into dancing, and dragons into bright, cheerful kites. All these are free for the looking and the feeling.

Of course, you *could* spend a bundle in Hawaii if you wanted. Some of the world's most elegant resorts are on the Islands, plus a wealth of posh restaurants, and extraordinary shopping.

Indeed, one of the Islands' most endearing characteristics is the coexistence, cheek by jowl, of excellent places for skimpers and splurgers. For example, within easy distance of the opulent hotels where rooms rent for from $50 to $100 a day (and up) you might also find a wide range of bargain accommodations: guesthouses and rustic cabins and modest apartment hotels and, in outlying areas, tents.

To make the most of your Hawaiian holiday you should mix these two worlds—skimp awhile, then indulge in a bit of out-and-out splurging to get a taste of how the other half lives.

Here, for the five islands that have tourist facilities, is a selective guide of where to stay and what to see and do. Some of these recommendations are unabashedly expensive—but worth every penny of the price tag nonetheless. Others include rock-bottom economy bargains that fit the stringent budgets of just-a-couple-of-bucks-in-the-blue-jeans-pocket types.

Oahu is the home of 80 percent of Hawaii's residents, most of whom live in sprawling and cosmopolitan Honolulu. This beguiling city is as much oriental as occidental, and perhaps no other American community has a more resonant history. Ancient Polynesians colonized it, but its population today reflects immigration from four continents.

As a place to live or visit, Honolulu is expensive, but to miss the city is to miss the hub of the mid-Pacific region. Shopping is a rich adventure here, and dining and night life are without peer in the Islands.

Sun, sand, and surf are Hawaii's prime allures, and Oahu's public beaches are gloriously numerous and varied. Among swimming beaches Ala Moana, Waikiki, Waimanalo, Haleiwa, and, in summer, the Waianae Coast are pure bliss. For snorkeling, Hanauma Bay, a reef-protected marine life preserve, and Pupukea are superb. For surfing, try Waikiki's north and west shore in winter, south shore in summer. Other fabled Oahu surfing beaches include Makapuu, Sandy Beach, and Waimanalo.

Kalama Beach is the favorite of serious body surfers, but if you're new to this vigorous sport, you should try it elsewhere first—on a beach where breaking waves are less tumultuous.

An attraction most tourists miss is the day-hike trail system in Oahu's mountains. A free map to guide you through these sylvan hills is available at the Honolulu Police station.

And by all means visit Honolulu's Bishop Museum, a near definitive repository of Hawaiian history and natural history. Admission is normally $2 for adults, but everyone is admitted free the third Sunday of each month.

Luau feasts, a Hawaiian tradition, are put together by many hotels, but these usually cost $10 to $15 a person and are often a bit contrived. More authentic and spontaneous luaus are frequently sponsored by Island church groups. If you check daily events columns and religion pages in the local papers, you'll learn where you can feast on pork and poi and lomi-lomi salmon for a bargain $4 or $5.

You should check with the Hawaii Visitors Bureau about what festivals, carnivals, or art and garden shows will be held during your visit. Some are big and elaborate and hard to miss, like the Chinese Narcissus Festival, which goes on for five weeks celebrating the New Year (lunar calendar). Others are more esoteric, like Buddha Day in April, where there is a tea ceremony, Japanese dancing, and singing.

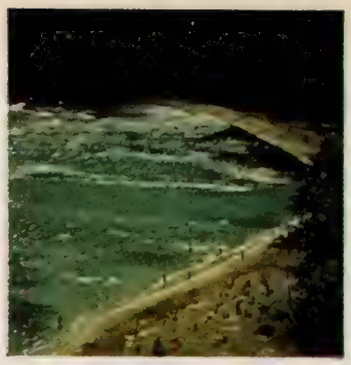
For golfers, Oahu offers 14 courses, with greens fees ranging from $2 weekdays at Kahuku, a nine-hole public course, to $10.40 at the elaborate Kuilima Country Club for 18 holes. Tennis is big in Hawaii, too, and there are plenty of courts in parks and at playgrounds.

Water sports are quite naturally paramount, and you'll find instructors and equipment rental for anything you want to take on—surfing, snorkeling, or scuba diving, for instance. Or perhaps you'd rather indulge in a little deep-sea fishing. For a one-day outing, with tackle supplied, charter boats capable of carrying six people charge each about $25. And for the ultimate, at the risk of going native with the abandon of a Gauguin, you can put yourself behind the paddle of an outrigger canoe that holds the steerman plus six or eight other people (each of whom pays about $5 an hour) at quite a few outrigger stations on Waikiki.

A splendid and not outrageously splurgy place to stay is still the courtly old Royal Hawai-











lan Hotel, a pioneer on famous Waikiki Beach. Although today it and its tropical gardens are dwarfed beneath surrounding high-rise hotels, the Royal Hawaiian continues to be more gracious than any of them, and it still reigns over the best stretch of swimming beach on the island. Rooms overlooking the gardens are $29 to $36, for two; those facing the ocean are $43 to $56.

On the opposite end of Waikiki Beach from the cluster of hotels and mobs of people around the Royal Hawaiian, there are two excellent hotel alternatives.

If you enjoy tranquillity and can afford $25 to $40 a day for two, the sedate Colony Surf offers peace and quiet. It's across the street from green Kapiolani Park, where the Honolulu Zoo (free admission) is located, and a few minutes' walk from the fascinating Honolulu Aquarium, the latter having an admission price any budget can cope with—25 cents.

Right next door to the Colony Surf is perhaps the best hotel bargain on Waikiki, the Kaimana Beach Hotel. For two, rooms are $14 to $28. The hotel is tranquil and charming, but a far cry from dull. Its beach is protected by an offshore reef and is ideally suited to small children.

In contrast to the expensive big hotels that snuggle up to Waikiki Beach, there are thriftier hotels just a few blocks away. These are within easy walking distance of Waikiki's beach, shops, and bistros. Most of the hotels have kitchens, and rates given are doubles: Eleanor Apartments Hotel, 313 Royal Hawaiian Avenue, $9 to $16; Dar-Lani Hotel, 254 Kaiulani Avenue, $12 to $16; Malihini Hotel, 217 Saratoga Road, $10 to $20; Royal Grove Hotel, 151 Uluniu Avenue, $9 to $30; and Venture Isle Hotel Apartments, 2467 Cleghorn Street, $10 to $15.

The key, of course, to getting exactly the hotel you want in Honolulu is to make your reservations well in advance. You can obtain a very useful *Hawaii Hotel Guide*, free, from the Hawaii Visitors Bureau, 2285 Kalakaua Avenue, Honolulu 96815. This lists most of the reputable hotels, cottages, and lodges on all the main islands and can be a great help in selecting accommodations, especially if you're looking for bargains.

Whether your budget is unlimited or tight, the best place in Honolulu to buy almost anything —arts and crafts, gourmet foods, antiques, fish, stamps and coins, sporting goods, the common and the unique—is the Ala Moana Shopping Center. You'll also enjoy the International Market Place, an open-air emporium in the heart of Waikiki District. Its collection of shops and stalls sell all manner of arts, crafts, souvenirs, foods, and drinks.

New to Waikiki is King's Alley, open just a year ago. This attractive, Victorian-styled, multi-level mall has a tasteful variety of gift shops, jewelry stores, yard goods and antique boutiques. There's also a rooftop restaurant and an English-style pub. Though not inexpensive, the shops in King's Alley are well worth browsing.

On the whole, small-car rentals are cheaper in Hawaii than on the mainland, but even so, you might prefer to do your touring here by bike. Honolulu and Waikiki are not large geographically, and any reasonably healthy bicyclist can easily reach all major points of interest. Cycles Oahu, 2112 Kalakaua Avenue, Honolulu, rents all kinds of bicycles by the hour, day, or week. Three-speeds are $15 a week; ten-speeds, $20.

Molokai is just a 12-minute jet hop from Honolulu, but the trip seems to take you back 100 years in Hawaii's rich history. The island is rural, uncluttered, the perfect place to really get away from it all. Of all the main islands, only modest Molokai can assure you of having an intimate, sunny beach or a verdant hiking trail all to yourself.

There are only two hotels on Molokai, the modest Pau Hana Inn (request a "deluxe" room in the new wing, $20, double) and the charming Hotel Molokai, a very attractive facility of some 50 units ($22 to $32, double). Both hotels have dining rooms with medium-priced meals and casual musical entertainment most evenings.

For serious game hunters, Molokai has a third accommodation, Puu-O-Hoku Ranch. Strictly for nimrods, the ranch offers comfortable lodge accommodations for $50 per day single, $68 double, American plan. Beyond that, a jeep and hunting guide cost $8 an hour, and a fee is assessed for the big game you bag—$25 for goat, $50 for wild boar, $100 for axis deer. There is also pheasant, quail, dove, and chucker partridge shooting. The 14,000-acre cattle ranch is 750 feet above a rocky, wave-pounded coastline, and it contains some of the loveliest tropical forest and mountain country on Molokai. For current information, write Puu-O-Hoku Ranch, Molokai, Hawaii 96748.

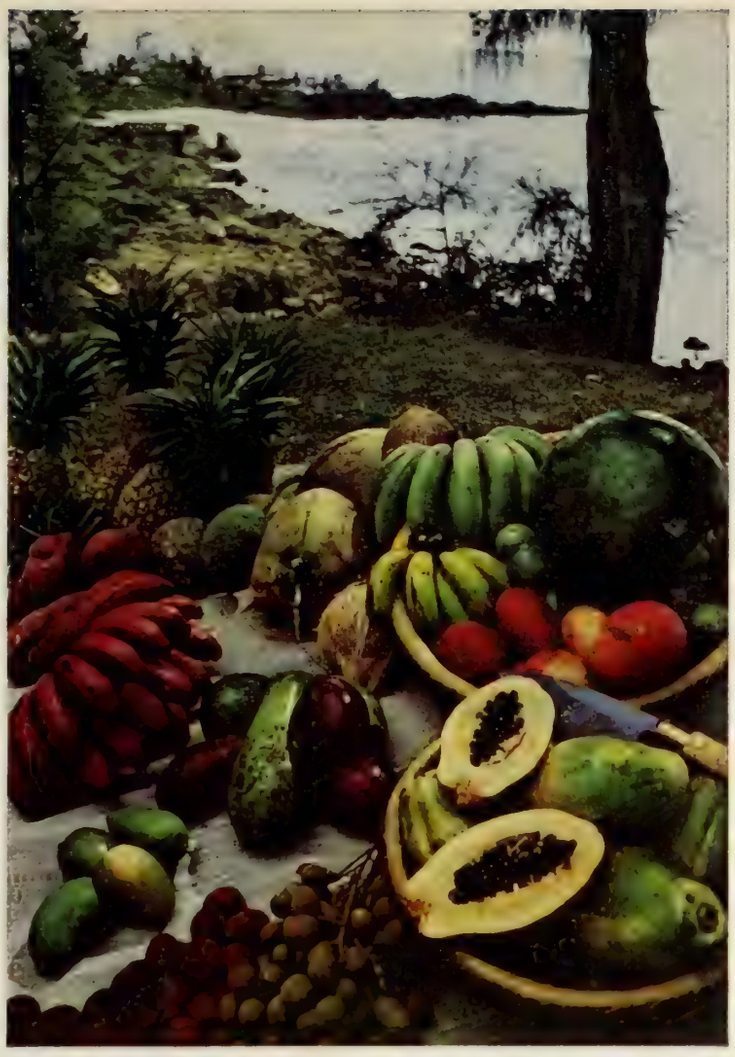
Several small firms rent cars on Molokai, and although the island's road system is not extensive, there are some intriguing drives. For example, Halawa Valley, two miles beyond Puu-O-Hoku Ranch by dirt road, is a lush tropical cameo occupied by just a handful of taro farmers. In years past it was a major Hawaiian settlement, and there are artifacts and ruins of an ancient culture along the road.

On a good paved highway you can drive to Molokai's Palaau State Park, some 2,000 feet above the ocean and the Kalaupapa Peninsula, the site of a famous 19th-century leper colony. You cannot reach the peninsula, on which a few people still live, by road but the view of the vivid green promontory surrounded by blue, sun-sparkled Pacific waves is stunning.

Certainly the least expensive and most romantic way to stay on Molokai is to camp in the cool, deep shade of ironwood trees in Palaau State Park on the north side of the island.

Maui offers the visitor as much variety—from plush first-class accommodations to rugged outdoor adventures—as any island in the Hawaiian chain. It's still mostly rural, though hotels and condominium apartments are mushrooming on the dry sides of the island. The wet sides of Maui are thinly populated and covered with jungles scented by ginger,







plumeria, and orchid blossoms.

The island is particularly good for hiking, picnicking, and camping; you can rent equipment from two outfits in Kahului, on the north shore—Hawaiian Rentals and Maui Rents. The latter also has a branch in Lahaina. A number of firms rent campers on Maui, and you can get listings from the Hawaii Visitors Bureau. There are several beautiful campgrounds at state and county parks, and the Waianapanapa State Park and the Polipoli Recreation Area have rustic cabins that rent for $3 a night per person for as many as six people, or $8 single occupancy (reservations through State Parks Office, Wailuku, Maui).

If you look, you'll find some of the most extraordinary pools and streams for swimming. In the northeast section of the island on the Keanae Peninsula, you can paddle upstream from the ocean between jagged cliffs dripping with ginger and ferns to a small pool pounded by a waterfall—the effect is not unlike a whirlpool bath. Farther east, in Waianapanapa State Park, a pool in the Waianapanapa Cave provides some seriously spooky swimming—a legendary princess was done in there by a jealous husband. Armed with flashlight, you can trace an underwater route into another chamber and then rest on the rocky ledge where the princess hid, unsuccessfully. In Kipahulu, you take your choice of seven pools that cascade into one another and finally into the sea.

Maui's dominant geographic feature is 10,023-foot Haleakala, a gargantuan volcano peak that is partially contained within Haleakala National Park. The drive to the summit takes about two hours. Here you look across seven miles of windswept Haleakala Crater, an awesome landscape of red, burnt orange, yellow, and black. From this viewpoint you can see 100 miles out over the Pacific, and on a clear day you can see the volcanic mounds of Mauna Kea and Mauna Loa on the distant island of Hawaii.

The National Park Service maintains three cabins on Haleakala Crater floor; they are available to experienced hikers provided they make reservations months in advance. Write Haleakala National Park, Box 456, Kahului, Maui, Hawaii 96732.

The scuba diving off Maui is superb, and there are three dive shops in Lahaina that provide scuba lessons, arrange charter trips, and rent diving equipment. All are professional operations; check with each for their charter schedules and rates since they vary somewhat. Lessons, including all gear rental and boat fees, should average about $25 per half day.

Among the diving destinations reached by scuba charters out of Lahaina is Molokini, a mostly submerged dormant volcano in the channel between Maui and the deserted island of Kahoolawe. The underwater volcano crater is a coral garden of rare beauty, and it is home for an incredible variety and quantity of reef fish. It provides one of the finest diving experiences in Hawaii. The boat trip to Molokini and back, with time for two dives, usually takes an entire day.

For observing marine life from the surface, try snorkeling at Kapalua (Fleming Beach), a few minutes' drive from Kaanapali. This is Maui's most photogenic stretch of shoreline. The Maui Land and Pineapple Company, which owns it, lets the public use half the coconut-palm shaded beach; no lavish resort in the Islands can match it.

Kaanapali Beach, one of the finest in Hawaii, is the island's largest resort district, with excellent golf courses, shopping, good hotels, restaurants, and the historic port of Lahaina, where whaling ships of old have been replaced by sleek, modern ocean-going yachts.

The most luxurious hotel on Maui is located in the lushest, greenest, and most remote part of the island. The Hotel Hana Maui, near the ancient village of Hana, some two and a half hours over a narrow, tortuous road from the Central Maui Airport, is the perfect place to escape the woes of metropolitan life. The Hana Maui offers swimming and surfing, an 18-hole pitch-and-putt golf course, horseback riding, tennis, picnics, cookouts, spear fishing, hula lessons, and nightly entertainment. The cost is $75 to $95, double, full American plan. There are package arrangements available for families, June 1 through Labor Day, and for newlyweds year round.

Hawaii, the "Big Island," lies about an hour's flight from Honolulu but could be either your arrival or departure island from or to the mainland. An international jetport at Hilo on the eastern shore of Hawaii eases some of the traffic in Honolulu. (Two other airline-served airports are located at Kona and Kamuela.) Anyway, Hawaii is not an island to be missed—it offers the most variety of any of the Islands, and some of the greatest beauty; a portion of its interior is recently volcanic, with a striking similarity to the surface of the moon. The northern section sprouts two of the biggest and bulkiest mountains in the world, if you measure from the ocean floor up, rather than from sea level. And the ocean floor is really where they start. The larger, Mauna Loa, is still actively volcanic and, like its titan companion, Mauna Kea, wears a white cap of snow in the winter. It is an island simultaneously lush and austere, with sugar plantations and huge cattle ranches, forests of Christmas trees, orchid farms, and fishing villages.

If you're serious about big game saltwater fishing, Kailua is the place to be based. You can catch blue marlin, white marlin, dolphin, and tuna from a skippered charter boat for $160 a day, $100 half day if you want it all to yourself. Or you can reserve a seat on a "share basis" for $45 a day, $29.50 half day. The boats hold six maximum, and the fees include all tackle. You bring your own lunch.

Kailua is also home base of Hawaiian Divers, a friendly operation with an impeccable safety record and access to some of the finest diving water in Hawaii. The Kona waters are unusually clear, with 150-foot visibility, and they swarm with tropical fish. Scuba diving expeditions are $15 for one-dive trips, $25 for two dives. Or, for beginners, instruction dives are offered for $39.50. For the novice, Hawaiian Divers offers a complete five-day scuba course leading to NAUI certification for $125, including all necessary equipment.

But if you'd rather not view marine life quite so intimately, you can observe it from a glass bottom boat for $4. The hour-long boat ride leaves Kailua Pier







four times a day. From the boat, you look down as far as 20 fathoms and observe enormous numbers of fish. Some 600 species live in the waters of the Kona Coast.

A memorable family adventure out of Kailua is to ride the trimaran "Fair Wind." Day sails of four hours are $16 per person, which includes snorkeling gear, skin diving instruction, and lunch. There are also sunset dinner cruises several evenings a week; your hotel can make reservations for you.

Only a portion of the Big Island's diverse backcountry can be explored by highway, and the Island's mysterious jungle valleys are seen by only a handful of tourists. The same is true of the Island's desert lava flows and high mountain slopes; however, two guide operations will take you into these remote hinterlands by four-wheel-drive vehicle.

Hawaii Trails serves hunters only. For fairly steep rates of $150 a day, experienced guides escort your hunting party by jeep over the broad slopes of Hualalai Mountain, an area well populated with wild sheep, goats, boar, and game birds. For information on seasons, regulations, and complete guide services available, write Hawaii Trails, Kamuela, Hawaii 96743.

Hawaii Island Safaris serves all manner of special interests, from university study groups to casual tourists. They offer a variety of backcountry tours, including a full day's expedition up 13,796-foot Mauna Kea and back for $55 per person, lunch included. Write Hawaii Island Safaris, Box 11, Hilo, Hawaii.

Don't miss visiting Volcanoes National Park. When you reflect on the fact that the entire Hawaiian chain of islands was formed by volcanoes, you can appreciate why this great national park is so significant. The park's terrain ranges from barren and brooding landscapes of lava and volcanic cinder to cool forests of graceful *'ohi'a* trees and lush 20-foot-high tree ferns. Roads and trails lead to the park's salient points of interest. One especially fine hiking excursion is along the three-mile, self-guiding Halemaumau nature trail which takes you across the floor of Kilauea Caldera.

Hawaii ranks as the "horsiest" of the islands, with plenty of good riding trails and terrain and available horses. Your saddle adventure could be a matter of only a few hours through scenic countryside or you could do a one- or two-day or more pack trip. From the Parker Ranch Livery Stables (Waimea), you can roam the grassy rangeland, or with a guide head up the slopes of Mauna Kea. The Big Island U-Drive Company in Hilo also has horses and arranges backland excursions for visitors.

Golfing on Hawaii might interest you even if you've never golfed before. After all, where else could you learn on a golf course constructed on top of old lava flows? Most outstanding is the 18-hole championship course at the Mauna Kea Beach Hotel near Kawaiahae ($12.50 for greens fees). For the 18-hole Hilo Municipal Course, the weekday greens fees are a modest $2.

Hawaii is perhaps the best of the Islands for campers—though all have excellent camping sites—and it's also home for some of the Islands' most sophisticated resort hotels.

To aid campers, the County of Hawaii distributes "A Guide to Public Parks," available free from the Department of Parks and Recreation, County of Hawaii, Hilo 96720. This describes all of Hawaii's county, state, and National Park campgrounds, and it explains regulations and permit policies.

You can also rent motorized campers from Holo Holo Campers, P.O. Box 11, Hilo 96720. They range from $22 to $40 a day, a reasonable rate if you consider hotel costs for, say, a family of four.

The Big Island is too expansive to explore comfortably from one area, so you'll probably want to spend a portion of your time on the eastern shores in or near the city of Hilo, and the rest across the island on the Kona Coast.

There are splurgy alternatives, however. One of them is the Mauna Kea, the finest resort hotel on Hawaii and easily one of the great resorts of the world. The Mauna Kea is a vacationer's pleasure palace with its own sandy beach, aforementioned golf course, tennis courts, shops and boutiques, sight-seeing, and, in summer, baby-sitting for the kids. The hotel grounds are a park-like oasis on the island's north shore desert Kohala Coast, and the hotel lobby contains one of the finest oriental art collections in the Islands. You could easily spend two weeks here and not run out of fascinating things to do and see. But the tariff would be steep. Accommodations for two are $90 to $100 a day, modified American plan (includes breakfast and dinner). The Mauna Kea experience is well worth the price if you can budget it, even for a day or two. And some dollar-saving package arrangements are available. The hotel has a Family Plan, April 23 to December 20, of five days and four nights for $170 per person double occupancy, or $140 per person triple occupancy. This includes breakfasts and dinners, free use of water sports equipment, and a free, supervised children's day camp (between June and Labor Day). You send the youngsters to camp after breakfast and have the rest of the day to yourself.

Kona Village is another accommodation unlike any other in the Islands. This out-of-the-way retreat overlooks a pretty sand beach some 15 miles from Kailua on the Kona Coast. The resort cabins are styled after various Polynesian designs, and the whole resort complex looks like a Polynesian settlement of another century. Samoa, Tahiti, Tonga, Fiji, Hawaii, and Maori are all represented in the architecture. Kona Village is isolated, very comfortable, informal, and quiet with no phones, television sets, or even radios. All accommodations are full American plan, and meals are outstanding. Costs include water sports equipment, evening entertainment, everything except bar tabs. For two, rates are $65 to $85 a day.

Volcano House, in Volcanoes National Park, is yet another unique but still reasonable accommodation. The hotel is perched on the rim of Kilauea Caldera, a landscape of lava punctuated by ribbons of steam pouring from natural vents in the rock. This is at an elevation of 4,000 feet, so temperatures are cooler than down by ocean-side. The rooms are clean and comfortable, and meals are well prepared and served. Tariffs are $18 to $26, for two. Three meals a day on an American plan arrangement are an additional $9.63 per guest.

Volcano House also has "camper cabins." These comfortable cottages are an appealing bargain at $6.50 a day or $35.50 a week, for two. Each cabin has an outdoor barbecue fireplace, although you are welcome to take some or all your meals at Volcano House. You can even use the Volcano Golf Course, a challenging 18-hole course backdropped by towering Mauna Loa.

The city of Hilo has an assortment of hotels. The most attractive of them is Waiakea Village, a complex of Polynesian-style buildings and oriental gardens with excellent shops, including the best place to buy rare seashells on the island. Rooms here are $24 to $32, double.







Perhaps the best accommodation bargain in Hilo is Hilo Bay Hotel. The attractive oriental-style hotel is on Banyan Drive, Hilo's Hotel Row, and yet is more reasonable than most of the others there. Rooms are $14 to $23, double. Some of them have kitchens.

The major resort center on the island of Hawaii is Kailua on the Kona Coast. The Kona Hilton is the glamour hotel in Kailua, with double rooms for $22 to $36 a day. The best bargains in town are the Kona Hukilau ($14, double) and the Kona Sunset ($14 to $16, double).





Kauai, farthest to the north and west of the Hawaiian Islands, and in many minds the most spectacular of all the Islands, is blessed with three extraordinary scenic masterworks: Kalalau, a deep verdant canyon that spills into the Pacific; Hanalei, where mountains are the backdrop for a lovely river flanked by rice and taro fields, and for a broad sandy bay; and Waimea Canyon, a rugged canyon of spectacular color and shifting shadows. The north shore, particularly, catches a tremendous amount of rain (100 inches a year), while the south shore isn't exactly deprived with about 20 inches a year. The result is an island lusher than lush, where waterfalls are abundant, big, and robust, and where rivers carve canyons and gorges with the effectiveness of huge earth-moving machines. Agriculture flourishes in valleys and on the plains, and around the edges shoreline varies from rocky precipices to many small exquisite beaches. Increasingly, visitors are including Kauai in their Island itineraries, so tourist facilities are plentiful, yet much of the island is still as it was when the first Polynesians landed on it about the year 1000.

There are about 25 flights a day between Honolulu and Lihue airport on Kauai, and once you get there you might wish to do yet some more flying—in a helicopter. Hawaii Helicopters International offers a variety of whirlybird tours over remote, dramatic terrain to hover over the perpendicular Na Pali coast, or to circle the island. And there are tours where you put down for a picnic lunch in a Na Pali valley or on a ridgetop where roads don't go. The prices for helicopter tours vary but average $20 an hour per person. The all-day, picnic tours are $80 per person.

Despite the helicopter landings, the Na Pali area is the domain of travelers by foot or by horse—day trippers or campers. (You can have camping equipment flown in.) The Na Pali Coast Trail, which starts just a few miles beyond Hanalei Bay at Haena, is one of the most magnificent walks in the world. The ancient Hawaiian footpath leads you along cliffs overlooking vivid blue ocean and white sand beaches, and through remote valleys where the only sounds are gentle trade winds, waterfalls, and whistling tropical birds.

There are, throughout Kauai, many fine hiking trails, from easy nature walks to serious treks not to be considered by an amateur. The State Forestry office in Lihue can provide you with information about most of the trails. Horses may be rented in Wailua, Lawai, and Kahili Mountain Park, for rates of about $3 per person per hour, less for longer treks, including moonlight excursions or barbecues out on the trail.

There's lots of less arduous camping and/or picnicking at several fine beach parks where the amenities include showers, rest rooms, fresh water, grills, and often pavilions. There are also campsites in many of the easier, broader valleys. Idyllic spots on which to pitch a tent are not hard to find.

Boating and water sports abound on Kauai, too. You can take river boat trips from the Wailua Marina to Fern Grotto ($3 per person), sail a Sunfish ($5.50 per hour), outrigger on the waves in the company of a professional steersman ($3 per hour), or take a moonlight catamaran ride ($6.25 per person). Beachcombing, surfing, and swimming (salt and freshwater) are exceptional in many places.

Facilities for charter boat fishing are available, too ($150 per day, one to six persons), and river, pond, and ocean-side fishing for exotic species is about as bountiful as you could hope for.

The most developed waterside resort area on Kauai is Poipu Beach, about a 20-minute drive from the airport. The excellent Poipu Beach Hotel is a bargain at $16.50 to $24.50, for two. More expensive in the Poipu Beach area, but worth it, is the attractive Waiohai at $26.50 to $47.50, double.

The mountain country of Kauai is as appealing as the waterside, and you might well consider spending some of your Kauai time in the highlands. Kahili Mountain Park is a camping resort offering platform tents equipped with beds, furniture, gas stove, charcoal broiler, cold running water, and ice cooler for $16 a night. There are clean, common shower and toilet facilities, and a free shuttle bus takes you to nearby beaches daily.

Still more remote is Kokee Lodge, in Kokee State Park, high in the mountains above rugged Waimea Canyon. Secluded cabins scattered through a charming tropical forest run $10, double.

Camping permits are now required for all state and county parks in Hawaii. For information about State Parks, write to the Department of Land and Natural Resources, Division of State Parks, Box 621, Honolulu, Hawaii 96809.

For county parks information (each island is in a different county except Molokai, which is in the County of Maui), write to any or all of the following

County of Kauai, Office of Economic Development, Box 111, Lihue, Kauai, Hawaii 96766.

City and County of Honolulu (Oahu), Department of Parks and Recreation, 1455 S. Beretania Street, Honolulu, Hawaii 96814.

County of Maui, Department of Parks, Playgrounds, and Recreation, Wailuku, Hawaii 96793.

County of Hawaii, Department of Parks and Recreation, Hilo, Hawaii 96720. ■

begins on page 48

Crafts how-to

Decoupage lamp base page 49
Materials: 10-inch glass cylinder open at top and bottom, prints, fast-drying white glue, art knife, decoupage scissors, slow-drying decoupage glue, alkyd flat oil-base house paint, 1-inch natural bristle brush, rubber-like plastic adhesive, lamp parts.

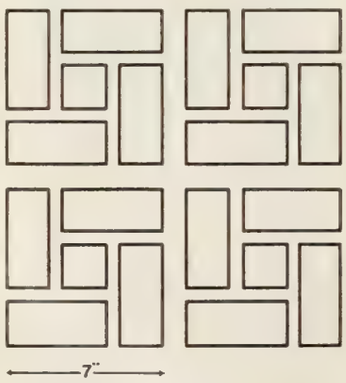
1. Choose good-quality prints for your designs (thin, rag-content paper printed on one side). Novices should avoid wallpaper, newspaper, glossy magazines, photographs, and fabric. Buy enough prints to cover cylinder front and back (and sides, if desired, for an allover effect). Choose prints to suit glass shape (i.e., colonial prints are best for hurricane shapes. Oriental ones for ginger jar shapes).
2. Lightly spray prints with acrylic matte fixative for better adhesion, then cut out. If you're a novice, do enough practice cutting until you've mastered the basics. Hold scissors at an angle to get a beveled edge (so no white shows) and cut away *all* areas of background. Use an art knife for small, hard-to-cut areas and cut over a piece of flat glass.
3. Clean cylinder interior thoroughly with liquid detergent, rinse well, and dry with lint-free cloth. Keep hands free of lotions and oils. Arrange cutout prints on glass exterior first, using small bits of plastic adhesive to hold on temporarily (see second how-to step in color). Avoid overlapping.
4. When satisfied with design arrangement, begin gluing with special decoupage glue. Work on one small section at a time and spread *plenty* of glue on cylinder interior. Remove corresponding section of print from exterior and pick off bits of adhesive. Place face of print into glue and smooth in place. Always have work area facing you and keep one hand under print. Keep fingers moist while gluing by dipping in water. When print is correctly positioned, work out excess glue between face of print and glass. Start at center and work toward edges, pressing firmly with moist fingers. Force out all excess glue and bubbles over entire print, holding cylinder at an angle to see best. Check to see that all fine areas are affixed.
5. When glue is dry, clean off excess on glass areas around prints. Use a small piece of sponge or lint-free cloth (wring either *well* to remove excess moisture). Continue removing excess glue from rest of cylinder, beginning at edges of print and wiping *away* from it. *Never* wipe into edges. Use cotton swab for intricate areas.
6. When cleaning is done, do a second gluing with white glue to seal edges. With cylinder facing you, dip index finger in glue and try to force glue into print edges. When you can force no more glue in, press print down and remove excess glue right away. Check all edges in this way and be careful not to loosen edges of prints with moisture. Let cylinder dry on its side overnight.
7. Before painting background, double-check all edges (any loose ones should be reglued and dried so paint won't sneak into prints). Dip brush halfway into paint and remove excess. Hold brush on interior of cylinder in a horizontal position and apply paint evenly in a patting motion (do not stroke on paint). Paint entire interior, rest cylinder on its side, and let dry at least 24 hours. Turn after 15 minutes to prevent thick paint buildup. When paint is completely dry, apply second coat the same way. Since light will not show through cylinder, two coats should be adequate. Let dry completely before wiring.

Decoupage mirror page 49
Materials: 11x24-inch regular picture glass, 11x24-inch single-strength mirror, and supplies listed under lamp (except for cylinder and lamp parts).

1. Select prints as described for lamp, in keeping with size and style of mirror and frame intended (too large a print may dominate, too small may be "lost"). Avoid prints that will become partly covered by frame. Divide prints from center mirror section with cutout paper borders. Paint back of borders and inside of frame black, as mirror will reflect against it. Glue borders in place (following gluing directions for lamp) on picture glass.
2. Glue cutout prints to both ends of picture glass (follow cutting directions for lamp) and allow to dry. Reglue and paint background as directed. Insert dried picture glass in sturdy frame first, then the mirror.

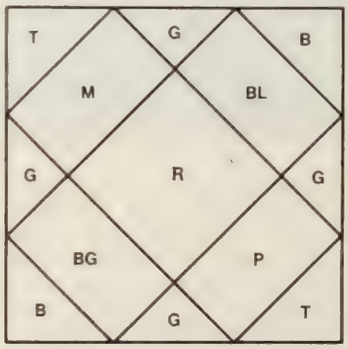
For more information:
Potichomania: Decoupage Under Glass by Cynthia Alderdice, and others (American Art Assoc. Publications, Inc., Box 34263, Bethesda, Md. 20034): $3.30.

Patchwork throw page 50
Materials: suede scraps in earth tones (tan, yellow, red, brown, dark brown, rust), size F and G crochet hooks, yarn to match suede pieces, 1 skein rust yarn, 3 skeins 4-ply black wool yarn. *Size:* 42x58 inches (without fringe).

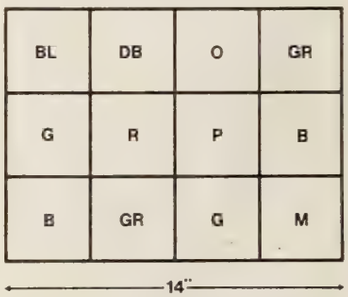


1. Make cardboard pattern for square and rectangular pieces (2 inches square and 2x4½ inches). Lay patterns on back of suede and trace around with felt-tip pen. Cut 35 squares and 140 rectangles.
2. On wrong side of pieces, mark dots ½ inch apart and ¼ inch from all edges. Punch out dots with 1/16-inch eyelet or leather punch.
3. Crochet around edges of all pieces with yarn like the color of the suede. Work loosely and use F hook. Tie in yarn in any corner and work 2 sc in same corner. Ch 1, 2 sc in same sp, * 2 sc in each hole to next corner, 2 sc, ch 1, 2 sc in same sp, repeat from * around, sl st to beg sc, end off.
4. To assemble a 5-piece square, lay out pieces like sketch, combining colors as desired. Whipstitch each square together with black yarn. Work a row of 1 sc in each sp around square (at corners work 2 sc, ch 1, 2 sc in same sp), end off. Make 35 squares.
5. To assemble throw, place 5 squares across and 7 down. Whipstitch squares together in black. With G hook, work 1 sc in each sp around throw (work 1 sc, ch 1, 1 sc in each corner), end off. Tie on rust yarn and work a sc row around throw as before, end off. Tie on black and work a sc row around throw to finish border, end off.
6. For fringe, wind black yarn around 5½-inch cardboard and cut one end open to make 11 strands. Use 4 strands for each fringe knot. Attach knots in every other crocheted space across end of throw.

Patchwork pillows page 50
Materials: assorted suede scraps, yarn to match suede (for oblong), 4-ply black wool yarn, size F crochet hook, polyester batting, 1 yard velveteen or corduroy. *Sizes:* oblong—10½x14 inches; square—13½ inches.

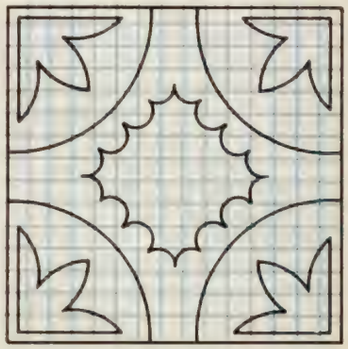


For *square* pillow, make like oblong, but follow sketch for pieces and use *only* black yarn. Cut fabric cover 14 inches square. We used *t*an, *m*aroon, *g*old, *b*lue, *b*rown, *p*urple, and *b*lue *g*reen suede.

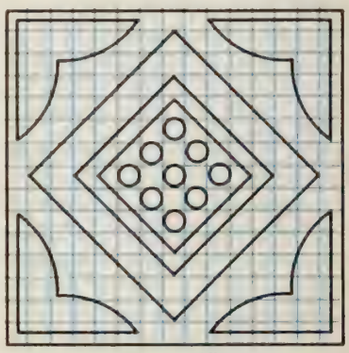


For *oblong* pillow, follow this sketch and directions for throw, steps 1-3. We used *b*lue, *d*ark *b*rown, *o*range, *g*reen, *g*old, *r*ed, *p*urple, *b*rown, and *m*aroon suede. To assemble pieces, whipstitch together with black yarn. Work a sc edge with black around all sides (1 sc, ch 1, 1 sc at corners), end off. Make cover for entire pillow by cutting two pieces of fabric 11x14½ inches. Stitch right sides together in ½-inch seams, leaving opening to stuff. Turn inside out, stuff, and slip-stitch shut. Whipstitch patchwork to pillow with black thread.

Chamois appliqué pillows page 50
Materials: one large chamois, 14-inch pillow form, ½ yard wide-wale

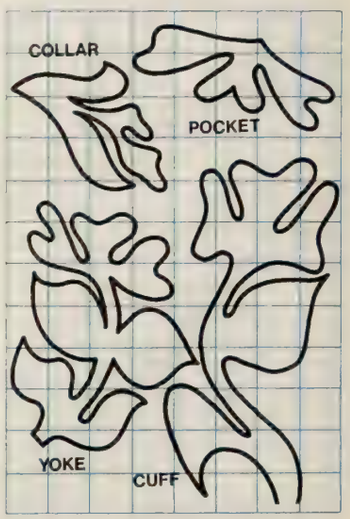


corduroy or velveteen per pillow (we used purple and olive green), polyester thread to match chamois.



Use same basic directions for pillows as work shirt (omit reversing designs). Appliqué designs to 16-inch fabric squares. To make pillow cover, stitch appliquéd square to a plain square with ½-inch seams, leaving last side to turn. Trim corners, turn, insert form, and slip-stitch shut.

Chamois work shirt page 50



continued on page 91

Introducing Crisp 'N Tender™ batter mix. The taste of country fried chicken. Without frying.



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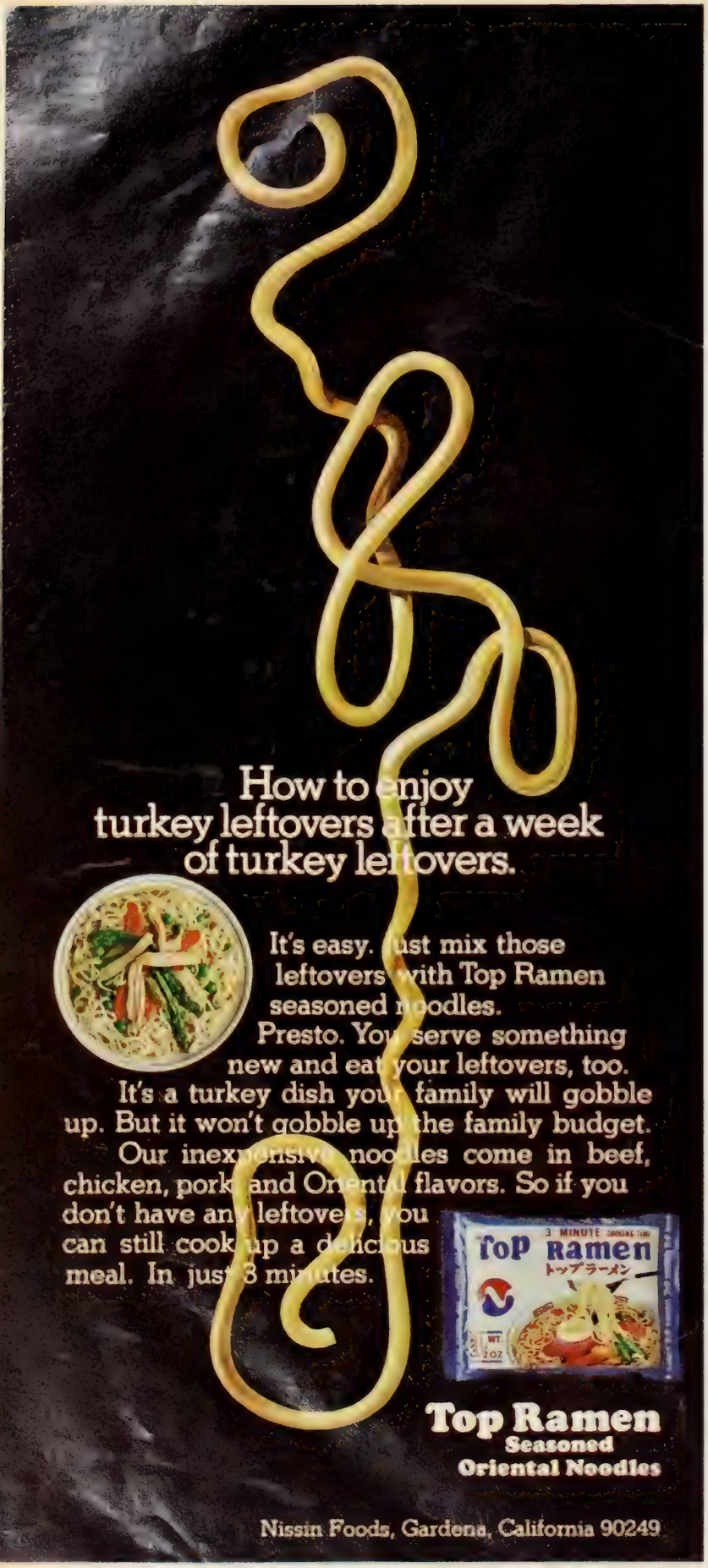
The secret is the special batter that bakes chicken golden crisp on the outside and tender and juicy on the inside.

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TURKEY CHOW MEIN

1 cup sliced onion	2 tablespoons oil
½ cup sliced celery	2 cups sliced cooked turkey
1 cup bean sprouts, optional	2 cups water
2 packages Chicken Flavored Top Ramen	

In large skillet, saute vegetables in oil until crisp-tender. Add turkey; stir and sprinkle in seasoning of one packet. Remove chicken vegetable mixture from skillet. Boil water in skillet Add broken noodles. Stir, separate noodles. Cook 3 minutes over medium heat (or until water is absorbed). Remove from heat. Sprinkle remaining packet of seasoning over noodles; add turkey-vegetable mixture and mix well. Makes four 1-cup servings.

Cheesy appetizers

Our duo of appetizers includes one savory cheese mixture firm enough to be speared with tiny cocktail forks, and one soft enough to be spread. You'll want to serve one, or better yet, both at your next party.



Shrimp Cheese Balls

A nibble that stands on its own or as a salad accompaniment—Soften two 3-ounce packages cream cheese. Blend in 1½ teaspoons prepared mustard, 1 teaspoon grated onion, 1 teaspoon lemon juice, a dash cayenne pepper, and a dash salt. Drain one 4½-ounce can (¾ cup) shrimp; break into pieces; stir into cheese mixture. Chill. Form into ½-inch balls, and roll in ⅔ cup chopped salted mixed nuts. Makes 3½ dozen.



Photographs: Photography, Inc.

Blue Cheese Spread

Great with a variety of chilled raw vegetables—Blend together one 8-ounce package cream cheese, softened, and one 4-ounce package blue cheese. Stir in 1 tablespoon milk; beat till smooth. Add one 2-ounce can anchovy fillets, drained and finely chopped, 1 tablespoon worcestershire sauce, and 1 clove garlic, crushed; mix well. Serve with assorted chilled vegetables. Makes 1⅔ cups.

TRAVEL WEST

Tony Swan, Western Travel Editor

An insider's guide to family vacations for readers who live in the Rocky Mountain territory or Far West



Oakland's Paramount lives again

Almost all of the great movie palaces of the 1920s and '30s are gone, mowed down to make way for the renewal programs that are lightening the downtown areas of many American cities. But amid the profusion of glass-and-steel towers, a few of these extravagant monuments to the unbridled heyday of moviedom have managed to survive and achieve a new usefulness as performing arts centers.

To date, six of the lavish old theaters have made this transition into the 1970s. The newest of them—and the only one in the West—is the typically elaborate Paramount Theatre of the Arts in Oakland, California.

The Paramount first opened its doors December 16, 1931. The *False Madonna* was on the marquee, but the glittering who's-who crowd that turned up probably paid more attention to its surroundings than to the action on the screen. From facade to foyer and Lobby to stage and even to its rest rooms, the Paramount was a gilded cornucopia of Art Deco. The richly figured 65-foot relief panels in the main auditorium had the look of something lifted from an Aztec temple, and the ornate finned metal grillwork of the ceiling lent an especially magical quality to the indirect lighting it screened.

Last September, the Paramount opened its doors again, greeting another first-night crowd in what must have seemed a rerun of that evening in 1931. A painstakingly faithful restoration has erased nearly all traces of the wear and tear of 42 years of almost daily use. The towering mosaics over the main entrance have been cleaned up. The marquee has been restored to its original white-letters-on-black background. The Grand Lobby has been scrubbed, and its tall light panels glow again. New carpeting, woven for the project by the original manufacturer for exact duplication, has been installed. And in the auditorium, young workmen have had an opportunity to learn the near-extinct skill of gold leafing.

The theater is now the property of the Oakland Symphony Orchestra Association, and, like its five eastern predecessors, will



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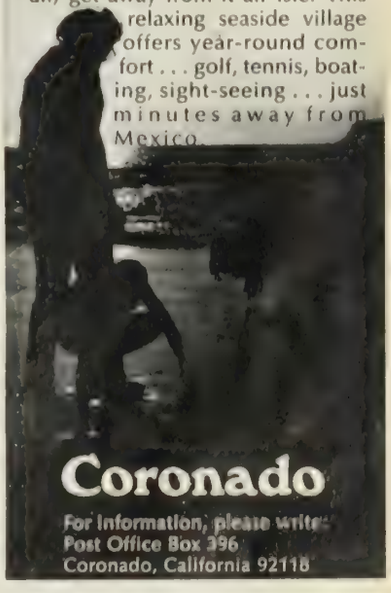
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TRAVEL WEST



be home for the city's orchestra. However, the symphony season represents only a small portion of the Paramount's projected bill of fare. The facility is suitable for everything from fully staged productions to exhibitions.

Even if you don't have time for one of the Paramount's stagings, the old theater is worth seeing as a gigantic art object. For a schedule of performances or guided tours write the Paramount Theatre of the Arts, 2025 Broadway, Oakland, California 94612.

The Paramount is easy to find; just watch for the three-story facade as you drive south on Broadway. Parking is plentiful in the area, and the main entrance is just a half-block from a BART (the new Bay Area Rapid Transit system) station.

Next time, see Fresno

For many California travelers, the city of Fresno has given the impression of being little more than a long series of service stations and shopping centers strung along State-180 en route to Sequoia and King's Canyon National Parks, or a series of overpasses punctuating US-99, the great north-south artery bisecting the San Joaquin Valley. It's the city you stopped in for gasoline or supplies while you were going somewhere else.

But Fresno deserves more attention, and you and your family could spend several pleasant hours exploring the city's attractions and broad range of culinary fare.

The city's most unusual attraction is the Underground Gardens at 5021 West Shaw, where Sicilian immigrant Baldasare Forestiere carved out a dream with dynamite and his bare hands. Ten feet under Fresno's sun-baked hardpan he chiseled tunnels, grottoes, and subterranean garden courts planted with citrus, figs, grapevines, and flowers.

The Gardens are open and half-hour tours are given year-round, 9-6 in summer, 10-4 in winter. Admission is $1.50 for adults, $1 for juniors 13-19, 50 cents for children 5-12. Children under 5 are admitted free. Take the Shaw Avenue turnoff from US-99 and head east two miles.

The Kearney Mansion, a Fresno County-run museum, was built by an early raisin king and gives visitors glimpses of Edwardian opulence. Admission is 50 cents for adults, 25 cents for children 12-17, free for children under 12. The mansion, located at 7160 West Kearney, is open 2-5 Wednesday through Sunday, March through December.

Roeding Park, named for a Fresno pioneer, bursts with flowers and trees. The Fresno Zoo is here; so are the Storyland and Rotary Playland kiddie complexes of fairytale castles and spiral slides. The park is open daily 9-6.

The presence of an estimated 26 nationality groups makes eating in Fresno an exciting experience with foods for every taste and price range, from soul food to south-of-the-border specialties. The Mexico Cafe, at 915 E Street, is a local favorite with full dinners starting at $2.25. Hours are 10 a.m. to midnight. A few yards from the Mexico Cafe, at 1347 Kern, the Chinese Gardens offers Peking cuisine beginning at $2.50. Tokyo Garden, at the corner of Fulton and San Joaquin Street, is fancier with kimono-clad waitresses preparing sukiyaki at tableside. Dinners start at $3.50. Hours are 11-6; closed Sundays.

Italian tastes are served admirably at Luigi's, 5155 North Blackstone Avenue. Luigi's is open 11-2 Fridays, to midnight other nights. Dinners start at around $5. For fine Basque food at about the same prices, try Yturri's, on Kern near the Santa Fe Depot. Hours are 11-9:30.

Armenians make up about 20 percent of Fresno's population and Stanley's of Fresno is the town's most widely acclaimed purveyor of this distinctive ethnic cuisine, with dinners starting at $4.50. Stanley's is located at 1310 Van Ness, just off Fresno's sparkling new $60 million Mall, and is open daily 11-8.

For further information, contact the Fresno Chamber of Commerce, 2331 Fresno Street, Fresno, California 93716. ■

›osing using ›porizer

or later, most every fam- s a vaporizer to add mois- the bedroom when some- a respiratory problem.

smart time to shop for appliance is before an ıcy occurs. If you have to y phone, you won't have :e to check for features d.

ı you shop, you'll find pes of vaporizers—one ng a cool mist and the hot steam. Technically, st comes from a humidi- steam from a vaporizer, :erms are often combined lerk may use them inter- bly. If your doctor specify one type or the ollow these guidelines:

st humidifier. A motor- vheel in a humidifier at- water content to a fine ch comes out into the air. . gallon of water into the ıg a ten-hour period. *for these features:* direc- ›zzle, output regulator to ımount of mist, on-off water-level window if r isn't transparent.

ger model with its own ıy suit your purposes, es- if you plan to use it as a midifier.

aporizer. This unit con- a water reservoir unit team generator attached ver. Electrodes or a heat- connect to the power d heat a small portion of a center section to gen- ım, which passes through n the cover. Double or alls around this center eep reservoir water cool enters heating chamber. vater boils off, the water ps below the bottom of rodes, thus breaking the nd stopping the steam— of ten to 20 hours. *for these features:* direc- ›zzle, output regulator, vitch, window to show el. The unit will contain water so a wide, stable nportant. Make sure the ; a cover that can be › the water reservoir. ineral content of the wa- mines how fast it will lanufacturer's directions gest ways to speed this as by adding baking soda ctivated borax. Do NOT as it corrodes electrolyte cess additive draws too ctricity, and may blow a the water is very hard, tre of half tap water and half distilled water.

Follow these general rules when buying and using a vaporizer or humidifier:

- Look for U.L. approval.
- Check guarantees carefully; some are for only six months. Follow directions so you don't void the guarantee.
- Never pour any medication into the water itself. Spray into the air or use the medication well on the unit.
- Keep the unit clean and free from fungi which can develop in any water reservoir.
- Disconnect unit before adding more water.

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P-351 STORE COUPON P-351

How to stop flooding fast

What if a water pipe should burst and you're suddenly facing an unwelcome stream of water? If you don't act fast, the water will damage your ceiling, walls, and floors. Of course, your first thought is to call a plumber, but minutes count and he may be hours away.

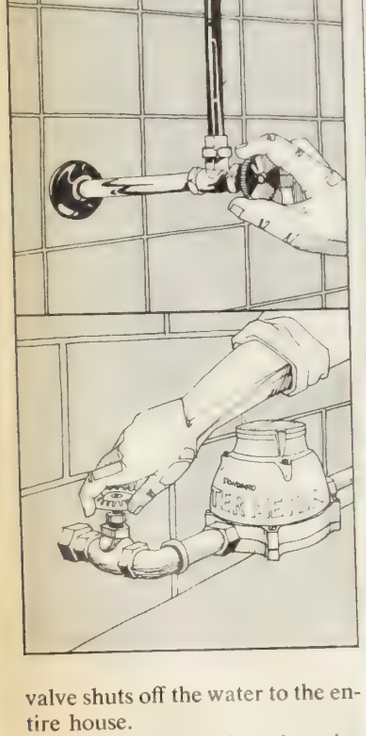
Don't panic. Stopping the flood—whether it's from a sink, overflowing toilet, or a broken pipe—is as easy as turning the handle on a shutoff valve. If you locate these valves before you need to use them—and make sure that everyone in your family knows where they are—you'll all be prepared for the next emergency.

If water is flooding from a sink, toilet bowl, or your dishwasher, all you need to do is close the shutoff valve located below the fixture (top drawing). The shutoff for the dishwasher will most likely be located in the basement, directly underneath the unit.

If the valve appears to be stuck, tap it lightly with a screwdriver handle or a rubber mallet. Don't hit the valve too hard, just enough to break the lime crust.

Or you can shut the gate valve at the water meter—where the main water supply line enters the house (bottom drawing). The

Drawing: Pattern Studio



valve shuts off the water to the entire house.

As a last resort, close the valve at the outside main. Call the water department to find out if you can do it yourself, how to get to the main where the valve is located, and how to close it.



MJB Stuffing Plus . . . the only stuffing side dish with wild rice. A new piping hot home-style complement to beef, poultry, chops, and for creating hearty casseroles and meatless entrees.

"We would like to invite every American woman over to dinner tonight and explain why the MJB family created Stuffing Plus."

Many years ago we would wake up on d mornings. The windows would be rred with steam and in the kitchen re would be the smell of rich, warm ffing baking. It was stuffing baked n a special family recipe—one that plussed with our own savory touch vild rice—making the taste a little ier, the texture a little less bread-y. We cooked much more than would be en in one meal. And it was served in and again till the last delicious sel was finished.

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Stuffing Plus and the perfect anytime meal.

The MJB family has created a new ing side dish that is not a seasonal , nor is it a dish a woman would e only with poultry. It is a piping hot, emade flavored complement to t beef (instead of yorkshire pudding), mbchops (instead of potatoes), to frankfurters (instead of beans). It is a mouthwatering side dish that makes everything around it taste even better.

Stuffing Plus Country Frankfurter.

Cook up your Stuffing Plus. Split your frankfurters down the center and ladle in deep spoonfuls. Then let broil for 10 minutes.

Stuffing Plus Meat Loaf.

Blend one package of Beef Flavor Stuffing Plus with two eggs, lightly beaten with fork. Add one cup water, one teaspoon salt, and two pounds of ground beef. Pat into 9" x 5" x 3" loaf pan. Bake at 325° for 1-1/2 hours. Serves 6 to 8.

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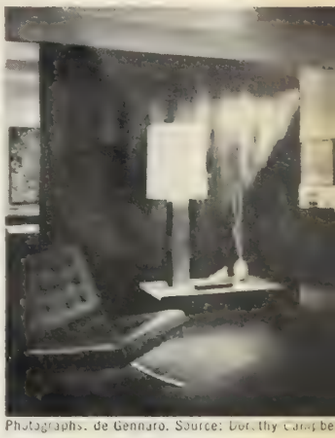
You can cook it immediately. And enjoy it more often. And turn routine meals into the happy times that stuffing once was saved for.



The New 15 Minute Side Dish with a Savory Touch of Wild Rice.

For marvelous, free Stuffing Plus Recipes, drop a note to MJB Recipes, P.O. Box 2244, San Francisco, Calif. 94126.

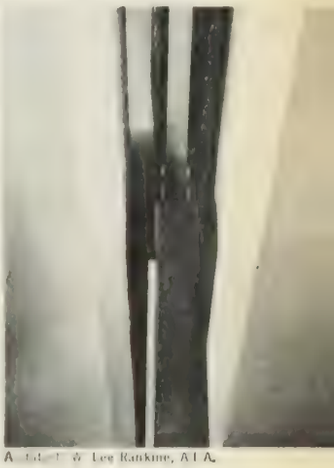
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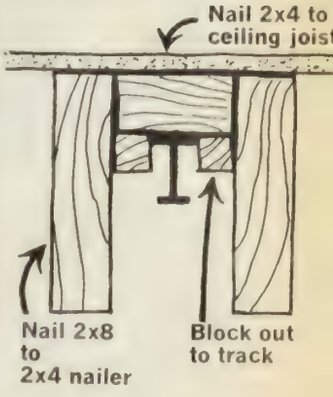
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An undivided living/dining roo area can pose problems wi furniture arrangements and di ing privacy. In this house, a sli ing panel solves the problems.

The 8x8-foot divider ad design interest to the roo along with a new range of roo arrangement possibilities.



A [illegible] & Lee Rankine, A.I.A.



Two 2x8 joists are tied int the ceiling across the width the room. Between the joists a sliding door track of heav duty aluminum. The panel, tw 4x8 sheets of ¼-inch walnu veneer plywood, is mounted o either side of an 8x8 foot fram made from 2x4s. Coasters on th bottom of the panel keep th divider steady and straight.

Turkey bonuses

Think positively, and you can turn those turkey leftovers into delicious planned-overs for tomorrow, next week, and next month. You'll stretch your food budget, too.

• Immediately after serving the whole turkey, remove the stuffing. Cover and cool the meat and stuffing separately in the refrigerator. After the turkey is well-chilled, remove meat from bones, if desired. Plan to use the refrigerated cooked turkey, stuffing, and gravy within three or four days.



Photographs: Dreier





• For a hearty soup, leave a little extra turkey meat clinging to the bones. Then simmer the meaty turkey frame with your favorite seasonings in a large kettle or Dutch oven till you have a rich broth. Remove the meat from the bones, discard the bones, then add a combination of your favorite vegetables to the meat and broth.

• Freeze cooked turkey to extend its storage time. Wrap the turkey meat and stuffing separately in moisture-vaporproof wrap or containers. For your convenience later, wrap whole slices, chunks, and small bits and pieces of meat separately in meal-sized portions. When freezing turkey in its broth or gravy, pack in rigid containers allowing one-inch headspace per quart. Freeze at 0° or less.

• Use frozen plain turkey and stuffing within one month. Turkey that has been frozen in broth or gravy may be stored for up to six months. To use large pieces of frozen turkey, thaw the wrapped meat in the refrigerator before using.

CURRIED TURKEY OPEN-FACERS

Garnish each serving with carrot curls, pickle sticks, and sprigs of parsley—

1 large unpared apple
1 tablespoon butter or margarine
1 envelope sour cream sauce mix
1 teaspoon curry powder
3 English muffins, split and toasted
Softened butter or margarine
12 thin slices cooked turkey

Core apple; cut into 12 wedges. In skillet, melt the 1 tablespoon butter or margarine. Cook apple in butter 1 to 2 minutes on each side. Prepare sauce mix according to package directions; stir in curry. Spread cut side of muffins with softened butter and a little sauce. Keep remaining sauce warm. Overlap 2 turkey slices atop each muffin half. Top with 2 apple wedges. Wrap sandwiches separately in foil. Bake in 400° oven for 15 to 20 minutes. Unwrap and place on serving plates. Spoon remaining sauce over. Makes 6 sandwiches.

TURKEY CHOWDER

2 cups cubed, pared potatoes
1 10-ounce package frozen baby lima beans
½ cup chopped onion
½ cup sliced celery
¼ teaspoon salt
2 cups water
1 can condensed cream of chicken soup
1 16-ounce can tomatoes, cut up
1½ cups chopped cooked turkey
½ teaspoon poultry seasoning
¼ teaspoon garlic salt
⅛ teaspoon pepper
½ cup shredded natural cheddar cheese

In a 3-quart saucepan, combine cubed potatoes, baby lima beans, chopped onion, sliced celery, and salt. Blend water with condensed cream of chicken soup; add to vegetables in saucepan. Cook, covered, for 35 to 45 minutes or till vegetables are tender. Add *undrained* tomatoes, chopped cooked turkey, poultry seasoning, garlic salt, and pepper. Simmer 15 minutes more. To serve, ladle into soup bowls; sprinkle 1 tablespoon shredded cheddar cheese over each serving. Makes 8 servings.

TURKEY-BROCCOLI BAKE

Elegant enough to prepare for company—

2 10-ounce packages frozen chopped broccoli
1 tablespoon lemon juice
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
½ teaspoon salt
2 cups milk
½ cup shredded natural Swiss cheese
2 cups cooked turkey cut in strips
½ cup soft bread crumbs
¼ cup grated parmesan cheese
1 tablespoon butter or margarine, melted

Prepare broccoli according to package directions. Drain well; mix with lemon juice. Spread in a 9-inch round baking dish. In saucepan, melt the 2 tablespoons butter or margarine. Blend in flour and salt. Add milk all at once. Cook, stirring constantly, till mixture thickens and bubbles. Remove from heat and stir in the Swiss cheese till melted. Add turkey; spoon turkey mixture over broccoli.

Combine bread crumbs, the parmesan cheese, and melted butter; sprinkle over casserole. Bake in 350° oven for 20 to 25 minutes or till heated through. Makes 6 servings.

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kitchen counters will stay looking longer if you use properly and give them a routine care.

e maintenance required de- on the counter material. type has its own characteris- nd if you keep these in mind an ward off scratches, stains, and other signs of misuse.

stic laminate, the work- of kitchen counters, is du- and easy to clean. It's con- d the most practical surfac- or general use. Laminated wipes clean with a damp e and mild soap and water. grease spatters can be ed up without a trace.

igh as it is, plastic laminate ndestructible so keep these s" in mind:

't cut on it. Even minuscule nicks and scratches can col- rt.

't slide pans or other uten- ross surface.

't set hot pans directly on ways use a trivet between id counter. Or, plan to have t one section of the counter roof (not laminated plas- ien use it for all hot pans asseroles.

't use abrasive cleaners on laminate.

nless steel makes an excel- nding pad for hot pans; it's ecially practical surfacing nters adjacent to the range n. Use a soft, dry cloth or towel to wipe waterdrops steel tops. Stubborn water espond to treatment with a wder designed for cleaning um and stainless steel. urniture creams and kitch- shes (check labels) will add luster of stainless steel.

avoid scratches, don't use top for cutting.

mic glass is both heat- and resistant to cuts and es. You can use an insert practical material close to nge or in the area where your cutting and chop- wipes clean with a damp and resists spotting and g.

mic tile makes a hand- heat-resistant counter or insert. Routine cleaning le—just wipe with sudsy Grease spatters should be off thoroughly and ly to keep grout from dis- g. The spray-on cleaners d for bathroom tile work counters, too.

woods make ideal cutting and chopping tops. Butcher-block work areas are popular for inserts in laminated plastic counters, and often are chosen to cover an entire island or peninsula. To avoid scorch marks, don't set hot pans on wood. Be careful not to water-soak wooden work tops. Wipe up all spills with a damp sponge, dry with a soft cloth. To keep wood from discoloring, cracking, or warping, brush on a coat of warm salad oil every two or three months. Let it stand overnight, then wipe off excess.



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B.F.Goodrich

B.F.Goodrich Chemical Company, 6100 Oak Tree Boulevard
Dept. BH-3, Cleveland, Ohio 44131
Please ask manufacturers who use Geon vinyl to send me literature on finished products as follows:

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Vinyl drain/waste/vent pipe ( )
Vinyl water pipe ( )
Vinyl gutters and down spouts ( )
Windows, part vinyl ( )
Vinyl [illegible] ( )
Interior trim ( )

NAME_____
ADDRESS_____
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Making the most of your tabletop broiler

You're missing out on the fun if you haven't been using your portable broiler creatively. It can make short work of countless cooking jobs, from appetizers to baked Alaskas.

When a party's on the schedule, put the broiler to work heating the hors d'oeuvres and canapes you've prepared ahead. Broiled mushrooms, shrimp, and cheese-and-meat snacks are just a few of the food treats that benefit from short broiling.

At brunchtime, broilers take over browning jobs on little sausages, Canadian-style bacon, and English muffins.

But don't overlook the everyday family meals and snacks that a broiler can handle. Count on it to toast sandwiches, crisp buns, toast bread slices topped with flavored butters, heat frozen French fries and pizza, and grill pineapple and other fruits. Of course, you can call on your broiler to handle steaks, chops, chicken, lobster tails, franks, and hamburgers, too.

Being portable, table broilers let you cook wherever you have an outlet, indoors or out. You can send the teen-agers to the family room for their hamburger feasts. Broil on the patio or deck for a summer picnic. Pack the broiler when you leave for a vacation at the lake; most are trimly styled, fit into a car easily.

To keep your broiler in peak condition, clean it after every use. Follow the cleaning directions given by the manufacturer. Always unplug the appliance before you clean it.

For the best performance, don't plug a broiler and another heat-producing appliance into the same outlet. If electricity is in short supply, broiling and baking will be slower.

BROILER-BAKED ALASKAS

You can assemble the Alaskas ahead and freeze. Brown just before serving—

3 egg whites
6 tablespoons sugar
Dash salt
1 pint peach ice cream, frozen hard
4 sponge cake dessert cups
4 teaspoons peach brandy

Beat egg whites till soft peaks form. Gradually add sugar and salt, beating till stiff peaks form. Place scoop of ice cream in each cake cup. Make a hole in center of ice cream with spoon handle; pour 1 teaspoon brandy into each serving. Spread meringue over dessert, sealing to edges of cake. Place on foil-lined broiler pan on bottom shelf of preheated portable broiler-oven. Broil at high setting (500°) 2 to 3 minutes. Serve at once. Makes 4.



Photographs: Dieter

CREME BRULEE

This elegant and rich custard dessert has a crisp burnt brown sugar crust on top—

3 slightly beaten eggs
2 cups light cream
¼ cup granulated sugar
¼ teaspoon salt
½ teaspoon vanilla
¼ cup packed brown sugar

In heavy saucepan, combine eggs, cream, granulated sugar, and salt. Cook and stir over low heat, till mixture coats a metal spoon. Cook 2 minutes more. Stir in vanilla. Pour into 1-quart shallow baking dish; chill. Sift brown sugar over top. Set in shallow pan of ice cubes and cold water. Place on lowest rack of preheated portable broiler-oven at low setting (400°) and broil for 4 to 5 minutes or till a bubbly crust forms. Serve warm or chilled. Makes 6 servings.



MARGUERITES

Turn everyday saltine crackers into teatime delicacies using a fluffy white frosting mix—

½ package (⅔ cup) fluffy white frosting mix (for 2-layer cake)
¼ cup boiling water
½ cup broken walnuts
¼ cup flaked coconut
¼ cup finely chopped maraschino cherries
32 saltine crackers

In small mixer bowl, combine the half package of frosting mix and the ¼ cup boiling water. Beat till stiff peaks form, 3 to 4 minutes. Fold in walnuts, coconut, and cherries. Spoon about one tablespoon mixture onto each cracker. Place crackers on lowest rack of preheated portable broiler-oven. Broil at medium setting (450°) for 1 to 2 minutes or till browned. Makes 32.



What's behind the UL seal

life is safer because of two s—UL. These stand for rwriters' Laboratories, a rofit testing organization n evaluates potential haz- of home and public appli- and assures safeguards. judges performance only performance is essential to . For example, a fire ex- isher or burglar alarm is l for performance, but a ing machine is not checked ow well it launders, only ow safely it does the job.

the Underwriters' Labora- skilled engineers devise based on standards appli- to like products. They keep sive records and statistics— photographs if needed. They t ways to misuse a product neone who fails to read the ictions may misuse it.

e outer side of an air con- ier or an outdoor light is l with a rain-simulating er. To over-test, UL will l a room heater against a -paneled wall, with draper- anging just above it to fire hazards. Thousands of ns of insulated wire under- usive contortion and abra- ests in the UL "wire room." actly what does the UL test ? Electric appliances are ed to see that component are durable, wires con- d so they won't short-cir- r overheat; where water is ed, it must not short-cir- lectric parts. On products gas or refrigerant, the tests that the system won't that moisture, gases and icity are safely controlled. erproof glass and fire-re- fibers must meet per- nce standards; the wire tion must withstand com- on and stress.

manufacturer sends a prod- to Underwriters' Labora- for testing. If the product s the tests, it will receive a pproval seal. If the prod- oesn't pass, UL returns it manufacturer with recom- ations for correction.

the laboratory, workers the test models apart to mine the quality of assem- ork.

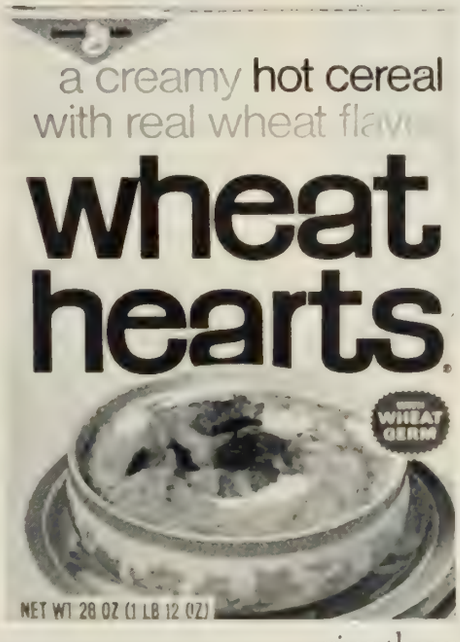
anges in a product re- a retest. A color change in cs may for example make roduct more flammable.

e manufacturer knows that rwriters' Laboratories will est other models bought at m on the open market. In- spectors make factory visits to check workmanship and standards. Last year 155,000 such visits were made to factories around the world, since imports are also tested.

Over one billion UL "labels" are used each year on products listed by Underwriters' Laboratories. If you don't see the UL label on an electric appliance, don't buy it. There's no valid reason for an appliance not to have the approval seal. Not only the cord but the whole appliance should be UL listed.

Educational materials are available to groups interested in promoting safety. Write Underwriters' Laboratories, 207 E. Ohio St., Chicago, Ill. 60611.

More wheat germ than any other hot cereal.



Right. Wheat Hearts is 25% wheat germ. And you know wheat germ is the most nutritious part of the wheat. What's more, Wheat Hearts is fortified with extra B vitamins and iron, with no preservatives added. So to give your family a healthy, husky, delicious start on a day, give them Wheat Hearts. Today.

Wheat Hearts.
It's 25% wheat germ.

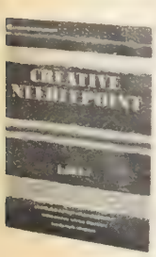


Create This Original Indian Design Chair Seat

Discovered by Better Homes and Gardens, this design is adapted from American Indian art of the Southwest. And it's an exclusive with Better Homes and Gardens; you can't buy it anywhere else.

You'll find its easy and satisfying to create these chairseats; only three basic stitches are needed. Each kit comes complete with design on 28"x28" linen top-quality, long-wearing crewel yarns, needle and easy-to-follow instructions.

So make several. They're easy to do, and you save money when you buy an entire set.



Creative Needlepoint

Shows you everything about needlepoint. Over 300 pages showing every known stitch, big clear diagrams and step-by-step instructions. Beginners can learn needlepoint; experienced needlepointers can expand their knowledge. Contains large and small projects, with full instructions. Buy today, and become an expert!



Matching Pillow

This 14" x 14" pillow makes a perfect accent piece. Identical in design and color to the chair seat shown above, each kit comes complete with everything you need to complete your pillow. You supply the pillow form you desire.

HOW TO ORDER

Prices:

Chair Seat Kit 00440, $4.95; 2 for $8.95; 4 for $16.95; 6 for $25.95; 8 for $33.95.
Pillow Kit No. 00441, $4.95; 2 for $8.95; 4 for $16.95.
Creative Needlepoint Book No. 16036, $8.95

1. Specify Item(s) and quantity desired.
2. Please include postage and handling: orders up to $5 add 45¢; from $5.01 to $10 add 75¢; from $10.01 to $15 add $1; from $15.01 to $25 add $1.25; over $25 add $1.50
3. Send name, address, order, and remittance to:

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OUR GUARANTEE *Money Back If Not Completely Satisfied!*

Egg entrées



INDIVIDUAL QUICHE CASSEROLES

1 8-ounce package brown-and-serve sausage links
½ cup chopped fresh mushrooms
½ cup chopped celery
¼ cup chopped onion
2 tablespoons butter or margarine
3 beaten eggs
1 cup milk
2 tablespoons all-purpose flour
½ teaspoon salt
½ teaspoon paprika
1 cup (4 ounces) shredded sharp cheddar cheese

Cook sausages till brown; drain. Reserve 2 sausages; slice remainder. Cook mushrooms, celery, and onion in butter or margarine till tender. Beat together eggs, milk, all-purpose flour, salt, and paprika till smooth. Add vegetables, sliced sausages, and cheese. Pour about ¾ cup mixture into four individual baking dishes. Halve remaining sausages lengthwise. Place one half, cut side down, atop each casserole. Bake in 325° oven for 30 minutes or till knife inserted just off-center comes out clean. Let stand 5 minutes. Makes 4 servings.

Photographs: Dieter



VENICE EGGS DELUXE

6 hard-cooked eggs, peeled
¼ cup mayonnaise or salad dressing
1 teaspoon prepared mustard
2 medium onions, coarsely chopped
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 16-ounce can (2 cups) tomatoes
1½ cups milk
1 tablespoon minced parsley
1 teaspoon sugar
¼ teaspoon paprika
¼ teaspoon dried basil, crushed
¼ teaspoon worcestershire sauce
2 or 3 drops bottled hot pepper sauce
¼ cup fine dry bread crumbs
2 tablespoons butter or margarine, melted

Halve eggs lengthwise; remove yolks and mash. Mix yolks with the mayonnaise, mustard, ⅛ teaspoon salt, and a dash pepper; refill egg whites. Cook onions in the first 2 tablespoons butter or margarine till tender; stir in flour. Add tomatoes and milk, stirring constantly, till mixture thickens. Add parsley, sugar, ½ teaspoon salt, paprika, basil, worcestershire, and pepper sauce. Heat mixture through. Pour into 10x6x2-inch baking dish. Arrange eggs in sauce. Combine crumbs and melted butter; sprinkle atop eggs. Bake in 375° oven for 20 to 25 minutes. Serve over toasted bread or English muffins, if desired. Makes 6 servings.



BROCCOLI OMELET

1 10-ounce package frozen chopped broccoli, cooked and drained
3 tablespoons butter or margarine
¼ teaspoon dried chervil, crushed
6 eggs
2 tablespoons water
1 recipe Mushroom Sauce

Combine the hot broccoli, 2 tablespoons of the butter or margarine, chervil, and dash pepper. Set aside; keep warm. With a fork, beat eggs, water, and ¼ teaspoon salt till mixture is blended, but not frothy. Heat remaining butter in 10-inch skillet till lightly browned. Tilt pan to grease sides. Add egg mixture and cook slowly. Run spatula around edge, lifting to allow uncooked portion to flow underneath. When egg is just set but still wet in center, spoon on broccoli mixture. Cover pan; cook over low heat till egg is done. Fold over and serve with *Mushroom Sauce:* Combine ½ can condensed golden mushroom soup, ¼ cup dairy sour cream, and ¼ cup milk. Heat through but do not boil. Makes 1 cup sauce. Makes 4 servings.

nued from page 90

afts how-to

rials: one small chamois skin, ning polyester thread, ready- denim shirt.
large all designs and cut out per. Check fit of designs on Reverse designs for other half rt before cutting and stitching ing shows one-half only). to chamois with loops of ng tape and cut out carefully sharp scissors.
itch designs to shirt, using ng tape to keep in place (re- as you stitch) or pins (use along very edge). Use small stitches and stitch around all Do not iron chamois or place er.

work carryall page 51

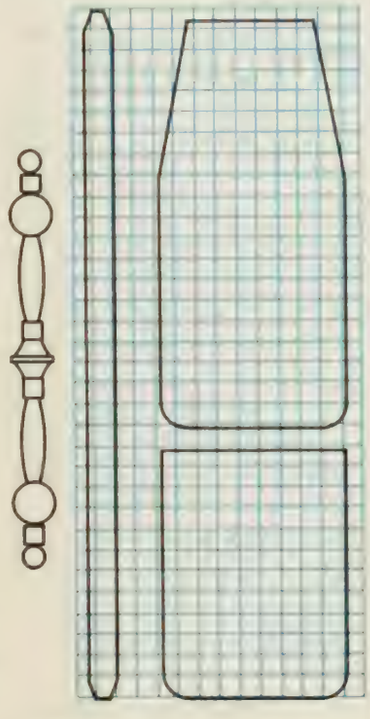
rials: 1¼ yards 30-inch heavy oise canvas, ⅝ yard medium e canvas, 22-inch heavy-duty orange zipper, 1½-inch belt , scraps of suede and cham- ize: about 18x29 inches.



m orange fabric, cut two 12- ircles for bag ends and two nch strips for strap. Cut tur- fabric 42 inches long. In of turquoise, mark a 22-inch r zipper on straight of grain. orming small Vs at each end. nder Vs and long edges and Pin zipper in place and stitch, heavy-duty needle and orange ter thread. Stitch again, ¼ om first row. Appliqué 2-inch is triangles at zipper ends nforce, using small zigzag s.
sew scraps to sides of bag, horizontal parallel lines every nches with chalk or basting , starting 1 inch from zipper. craps along lines with zigzag s, mixing colors as desired, orking from bottom to top. down tops of scraps only. Be ines nearest zipper are sewn as straight as possible.
3. On orange circles, appliqué scraps with zigzag stitches, sewing around *all* edges, and leaving a ¼-inch seam allowance on circle edges. Fold circles in half and mark with a pin on each side of diameter. Stitch turquoise to circles right sides together, starting at one pin near zipper line to the one at edge of turquoise. Return to first pin and stitch other side to second pin. Pin bottom edges of bag together, leaving zipper open, and stitch. Trim seams and finish in zigzag stitch.
4. To make strap, press under long edges of orange strips 1 inch, then fold in half lengthwise and press. Stitch along both edges, then ¼ inch twice from first stitching. Attach 6 eyelets on 30-inch strap 1½ inches apart, starting 3 inches from one end. Stitch other end securely to top of orange circle opposite zipper end. Stitch 12-inch strap to other end, fold over buckle a few inches and stitch. Securely tack a carrier a few inches below buckle.

Beaded fringe bag page 51

Materials: 6 square feet dark brown top grain cowhide, dark brown waxed linen thread, leather cement, 4 rivets, dark brown leather dye, utility knife, sewing awl, #3 edging tool, tapestry needle, adjustable hole punch, wood beads —52 round orange, 52 natural oval, 26 round dark brown, 52 natural cubes, 26 brown cubes, 26 dark brown cubes, 26 natural round stripes, 26 bamboo. Size: about 8x12 inches (without fringe).



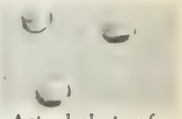
1. Make paper pattern for bag and trace around it on leather. Cut out with knife. Skive (shave) seams on both pieces to ½ of original thickness. With right sides together, cement seam allowances for basting. Stitch along seam line with awl and waxed thread, following directions with awl.
2. Turn bag right side out, rounding corners. With edging tool, edge top flap and strap, then dye edges. Rivet strap to top of bag sides. Mark 13

continued on page 36

How VapoSteam makes steam vaporizers work harder to relieve your child's congestion and coughing.



It always seems that colds miseries hit children the hardest. To ease those miseries, many doctors often recommend a steam vaporizer. Because steam moistens the dry tissues of a child's breathing passages. Steam containing VapoSteam® works even better for the relief of coughs and congestion of the nose and chest. You place it directly into the water in your hot steam vaporizer —not in the cup—to increase the action of the steam. VapoSteam takes ordinary steam vapor droplets and spreads them out. They cover more area than ordinary droplets, so dry breathing passages are moistened more thoroughly. And VapoSteam contains famous Vicks medication to help relieve a child's discomforts faster. Try Vicks® VapoSteam® Liquid Medication for hot steam. It makes steam work better.

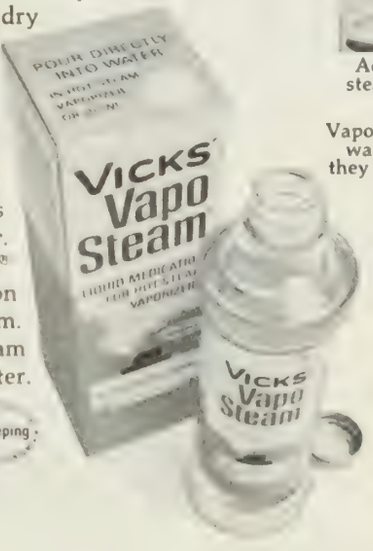


Actual photo of ordinary steam.



Actual photo of steam with Vicks VapoSteam.

VapoSteam flattens water droplets so they spread better, moisten dry tissues better, help your child more.



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Tangelos: the something-else citrus

What's a tangelo? It's a hybrid of the tangerine and grapefruit, and a great way to liven up winter menus. Tangelos have a distinctive citrus flavor, a bright orange color, and usually an oval shape. The skin texture and thickness varies with the variety of tangelos; some are smooth with thin skins, while others have rough, thick peels. All varieties are easy to peel and very juicy.

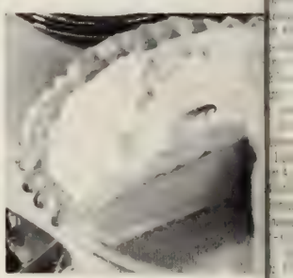


Photog

TANGELO LIQUEUR CON
Perfect for a midwinter bi

6 tangelos (about 2 pounds
½ cup sugar
1 cup water
2 tablespoons orange liqueu

Remove peel from t scrape off white membran peel with boiling water; l 5 minutes. Drain and slive yield ¼ cup. Slice tangelo slices. In saucepan, comb ar and water; bring to stirring till sugar dissolv peel; boil 1 minute mo move from heat; cool Stir in orange liqueur. Pc tangelo slices in deep bow mixture till very cold. S chilled compotes. Garni fresh mint sprigs, if Makes 4 servings.

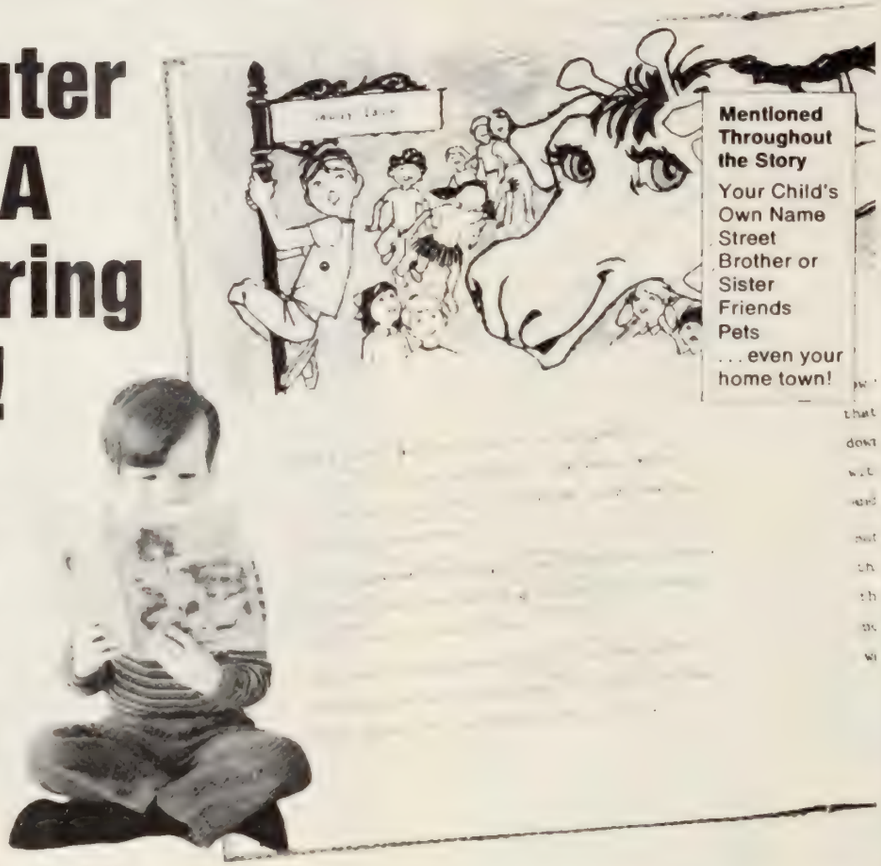


TANGELO MERINGUE PI
Squeeze five tangelos to cups juice—

¾ cup sugar
¼ cup cornstarch
¼ teaspoon salt
1½ cups tangelo juice
2 slightly beaten egg yolks
1 tablespoon butter or margarine
1 teaspoon grated tangelo
1 8-inch baked pastry shell
2 egg whites
¼ cup sugar

In saucepan, combine the sugar, the cornstarch, a salt. Gradually stir in juice. Cook and stir ov heat till thickened and Reduce heat; cook 1 more. Remove from heat moderate amount of hot into egg yolks; return to in saucepan. Cook and s medium heat 2 minutes Stir in butter or margari tangelo peel. Pour into shell. Beat egg whites peaks; gradually beat in cup sugar, beating to stiff Spread meringue over hot sealing to edge of crust. 400° oven for 6 to 7 m Cool.

Our Computer Will Write A Story Starring Your Child!



Mentioned Throughout the Story

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Street
Brother or Sister
Friends
Pets
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☐ Check here if you also wish "My Birthday Book" for an additional $3.95 plus 50¢ postage and handling.

PERSONALIZED STORY DATA. If certain information below is not available or not applicable LEAVE BLANK. This charming story will be written without it. PRINT CLEARLY, one character per space and one space between words.

CHILD'S FIRST NAME OR "NICKNAME" _____ LAST NAME _____ ☐ BOY ☐ GIRL

CHILD'S ADDRESS _____ APT. ____

CITY _____ STATE _____ ZIP CODE _____

CHILD'S BIRTH DATE: ___ / ___ / ___ (Month / Day / Year)

BELOW, LIST UP TO 3 FRIENDS, BROTHERS OR SISTERS:

_____ ☐ BOY ☐ GIRL _____ ☐ BOY ☐ GIRL _____ ☐ BOY ☐ GIRL

DOG'S NAME _____ CAT'S NAME _____

GROWN-UP'S NAME TO APPEAR ON PERSONALIZED BOOK PLATE:

("Aunt Jane, Grandma, Mom & Dad," etc.) _____

GROWN-UP'S NAME (Person Buying Book)
☐ Mr. ☐ Mrs ☐ Miss FIRST INITIAL __ LAST NAME _____

GROWN-UP'S ADDRESS _____ APT. ____

CITY _____ STATE _____ ZIP CODE _____

☐ **CHECK here if book is to be sent to grown-up. Allow 3 to 5 weeks for delivery.**

ıying guide

of the products shown
ially in Better Homes
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ading local stores. For
information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

G THE BARE LOOK
5 (bottom left): Wallpaper—Clo-
15 Clopay Sq., Cincinnati, Ohio
Carpet—Ozite, 1755 Butterfield
ertyville, Ill. 60048. (Bottom mid-
eiling—Owens Corning Fiberglas,
th Ave., New York, N.Y. 10022.
George Kovacs, Inc., 831 Madison
lew York, N.Y. 10021. (Bottom
Floor—Armstrong Cork Co., Lan-
Pa. 17604. Ceiling—"Integrid" by
ong Cork Co., Lancaster, Pa.
Walls—Masonite Corp., 111 W.
gton St., Chicago, Ill. 60602.

) GLAMORIZE A BATHROOM
: Tile—American Olean Tile Co.,
nnon Ave., Lansdale, Pa. 19446.
. lavatory, toilet—Eljer Plumb-
Div., Wallace-Murray Corp.,
iateway Center, Pittsburgh, Pa.
Light fixtures—Lightolier, Inc.,
remont Ave., Jersey City, N.J.

01: Lavatory, toilet, bathtub—
umbingware Div., Wallace-Murray
hree Gateway Center, Pittsburgh,
22. Flooring—E. L. Bruce Co.,
00 Thomas St., Memphis, Tenn.
Lights—General Bathroom Pro-
orp., 2201 W. Touhy, Elk Grove
Ill. 60007.
: Tile—American Olean Tile Co.,
nnon Ave., Lansdale, Pa. 19446.
bathtub, lavatory—Eljer Plumb-
Div., Wallace-Murray Corp.,
Gateway Center, Pittsburgh, Pa.
eiling light—Lightolier, Inc., 346
nt Ave., Jersey City, N.J. 07300.
—Marlite Div. of Masonite Corp.,
Ohio 44622.
: Tile—American Olean Tile Co.,
nnon Ave., Lansdale, Pa. 19446.
lavatory, toilet—Eljer Plumb-
Div., Wallace-Murray Corp.,
iateway Center, Pittsburgh, Pa.
Lights—Lightolier, Inc., 346
nt Ave., Jersey City, N.J. 07300.
(left): Cabinets and counter top
ormica Corp., 4614 Spring Grove
ncinnati, Ohio 45232. (Top right)
, Crane Co., 4100 S. Kedzie,
, Ill. 60632. Toilet—Gerber
g Fixtures Corp., 4656 West
Lincolnwood, Ill. 60645. (Bottom
Lavatory and faucets—Delta
Corp., Div. of Masco Corp., 2400
vd., Detroit, Mich. 48226. Toilet
r Plumbing Fixtures Corp., 4656
y, Lincolnwood, Ill. 60645. Wall-
The Jack Denst Designs, Inc.,
Exchange, Chicago, Ill. 60649.
-General Bathroom Products
201 West Touhy, Elk Grove Vil-
60007. Towels—Fieldcrest Mills,
W. 40th St., N.Y., N.Y. 10018.
(both left photos)• Counter top
ca Corp., 4614 Spring Grove Ave.,
ti, Ohio 45232. Tile—American
le Co., 1353 Cannon Ave., Lans-
, 19446. Bathtub, toilet, lavatory
can Standard, 40 W. 40th St.,
.Y. 10018. (Top right): Light fix-
ightolier, Inc., 346 Claremont
rsey City, N.J. 07300. Counter
mica Corp., 4614 Spring Grove
Cincinnati, Ohio 45232. Tile—
n Olean Tile Co., 1353 Cannon
nsdale, Pa. 19446. Sinks—Koh-
Kohler, Wis. 53044. (Bottom
avatory and toilet—Kohler Co.,
Wis. 53044. Counter top—The
Corp., 4614 Spring Grove Ave.,
ti, Ohio 45232. Cabinets—custom
Highland Park Mill Work, Inc.,
d Skokie, Highland Park, Ill.
Light fixtures—Lightolier, Inc.,
remont Ave., Jersey City, N.J.

FOR FAMILY FUN
(top): Chair—Ethan Allen Inc.,
llen Dr., Danbury, Conn. 06810.
: Decoupage supplies—American
oc., Inc., Little Falls Mall, 4701
ore Rd., Sumner, Md., Washing-
. 20016.
(bottom): Shirt and chamois—
oebuck and Co., 925 S. Homan
Chicago, Ill. 60607. Fireplace—
jestic Co., Inc., Huntington, Ind.
(Right): Sewing machine—The
o., 30 Rockefeller Plaza, N.Y.,
020.
(bottom): Pillow fabric—Springs
4 W. 40th St., N.Y., N.Y. 10018.
right): Beads on purse—Yone.
on St., San Francisco, Calif. 94133.
: Parsons table—Country Work-
Rome St., Newark, N.J. 07015.
Veneer tape—Laminating Services, 4700 Robards Lane, Louisville, Ky. 40218. (Top): Lamp—George Kovacs, Inc., 831 Madison Ave., N.Y., N.Y. 10021.
Page 53 (top): Craft saw—Dremel Mfg. Co., Box 518, Racine, Wis. 53401.

GAMES PEOPLE MAKE
Page 58: Parsons table—International Products and Services Inc., 11701 Shaker Blvd., Cleveland, Ohio 44120. Gold leaf kit—Cunningham Art Products, Inc., 1585 Stoneridge, Stone Mountain, Ga. 30083.

THESE FAMILIES LIKE TO COOK
Page 63: Refrigerator—Whirlpool Corp., Benton Harbor, Mich. 49023; Dishwasher—Whirlpool Corp., Benton Harbor, Mich. 49023; Cook top and hood—Thermador, Div. of Norris Industries, 5119 District Blvd., Los Angeles, Calif. 90058; Oven—Jenn-Aire Sales Corp., 3030 Shadeland, Indianapolis, Ind. 46226; Sink—Elkay Mfg., 2700 S. 17th Ave., Broadview, Ill. 60155; Faucet—Chicago Faucet Co., 2100 So. Nuclear Dr., Des Plaines, Ill. 60018; Counter tops—Corian by E. I. du Pont de Nemours & Company, 1007 Market St., Wilmington, Del. 19898; Dining chairs—Mellan-Quincy, Hartford, Conn. 06101; Franklin stove—Hearthcraft, Inc., Portland, Ore. 97208. Lights in ceiling—Halo Lighting, Inc., 4201 W. Grand Ave., Chicago, Ill. 60651.
Page 67: Range—Wolf Company, 19600 So. Alameda, Compton, Calif. 90224. Refrigerator—Sears, Roebuck & Co., 7401 Skokie Blvd., Skokie, Ill. 60076. Double-ovens—Thermador Division, Norris Thermador Corp., 5119 District Blvd., Los Angeles, Calif. 90022. Barbecue cook top with griddle attachment—Jenn-Air Products Co., Inc., 3035 Shadeland, Indianapolis, Ind. 46226. Blue ceramic counter tile—Mosaic Tile Company, San Jose, Calif. Floor tile—Eden tile from Sunset Floor Company, San Francisco, Calif. Light fixture in dining area—Robert Long, Sausalito, Calif.

ETHNIC COOKING MADE EASIER
Page 70 (left): Pasta jar—Harvey I. Reid Company, 225 Fifth Ave., N.Y., N.Y. 10010. Ravioli pan—Trans-Ocean Bridge Inc., 1140 Isaac Newton Square N., P.O. Box 386, Reston, Va. 22070. Italian coffeepot—Invento Products Corp., 39-25 Skillman Ave., Long Island, N.Y. 11104. Large kettle—Revere Aluminum Co., 203 Ellis St., Kewaunee, Wis. 54216. Garlic press—Ekco Housewares Co., 9234 West Belmont, Franklin Park, Ill. 60131. (right): Cucumber slicer—Charles Ruegger, c/o Bazaar Francaise, 666 Sixth Ave., N.Y., N.Y. 10010. Wok—Revere Aluminum Co., 203 Ellis St., Kewaunee, Wis. 54216. Bamboo tongs—Cordon Bleu, 225 Fifth Ave., N.Y., N.Y. 10010.

PRIZE TESTED RECIPES
Page 73 (right): Pie plate holder—Langbein Giftwares Div., Highline Trail, Stamford, Conn. 06902.
Page 74 (top left): Salad bowls "Westwood"—West Bend Thermo-Serv., Inc., 2939 Sixth Ave., N., Anoka, Minn. 55303. (Bottom left): Plate—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y. 10549. (Bottom right): Tray and bowl—Foley Mfg. Co., 3300 N.E. 5th St., Minneapolis, Minn. 55418.

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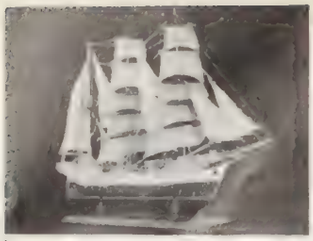
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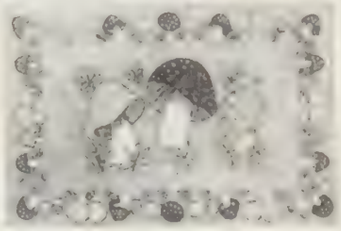
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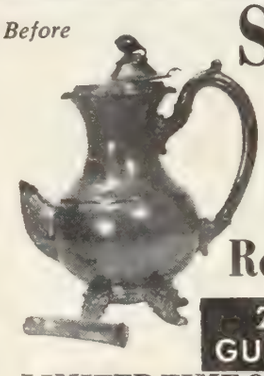
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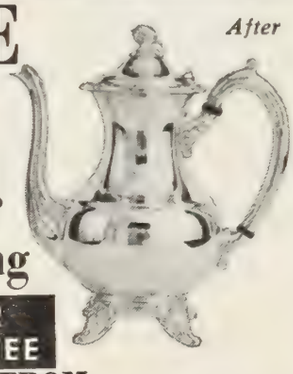
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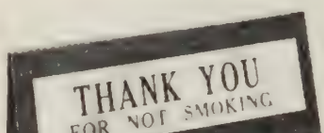
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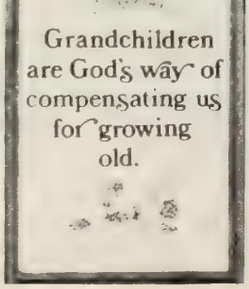
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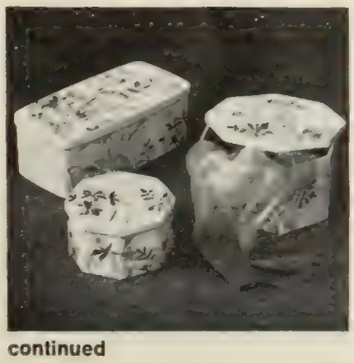
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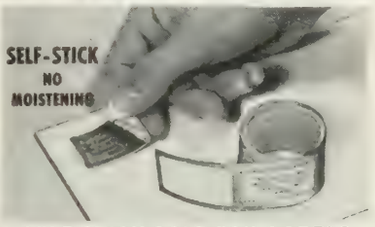
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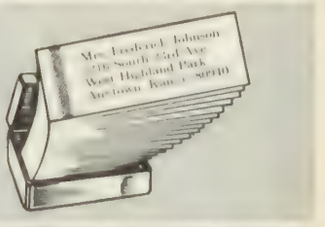
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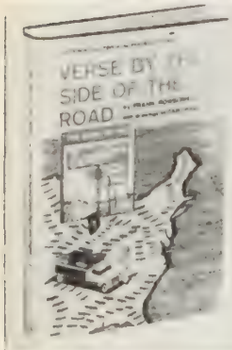
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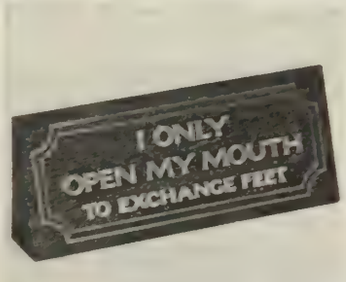
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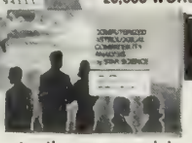
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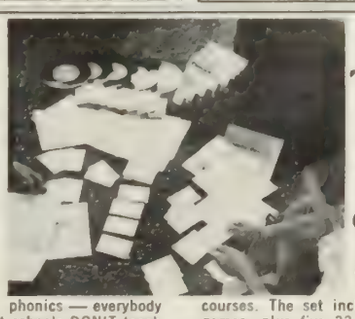
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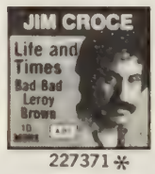
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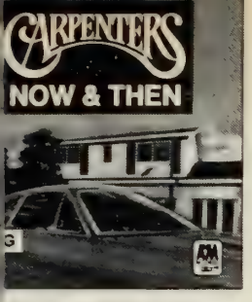
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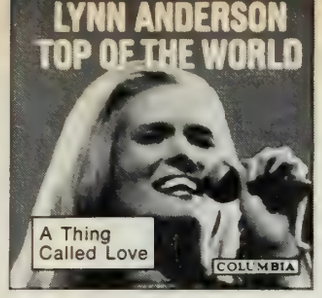
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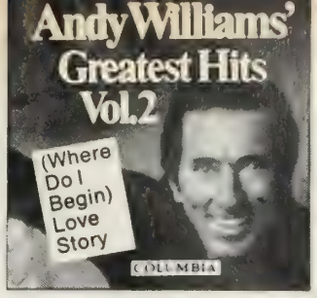
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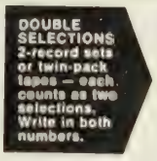
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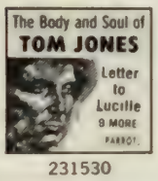
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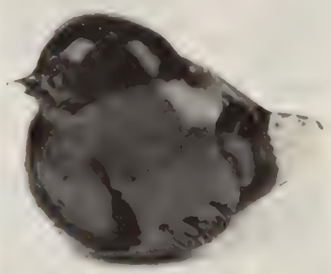
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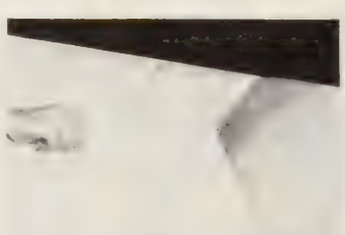
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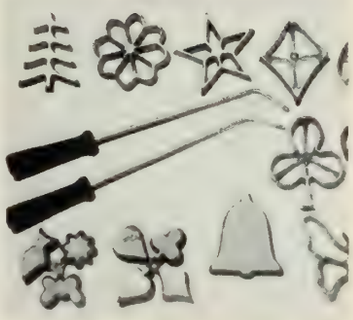
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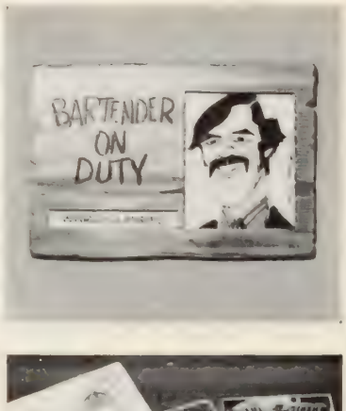
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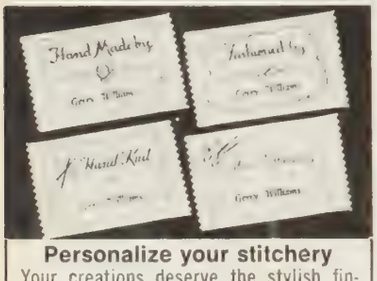
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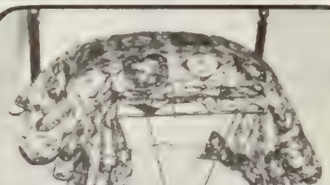


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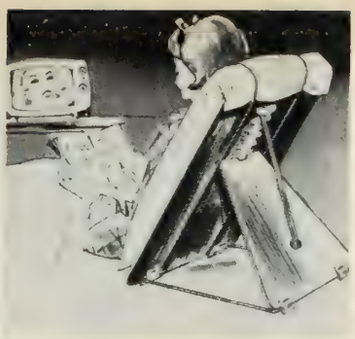
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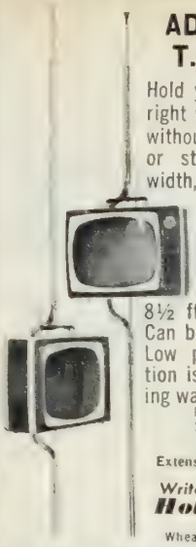
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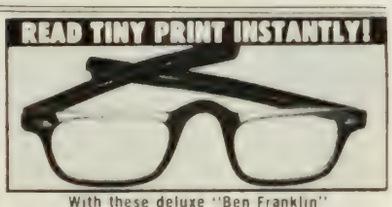


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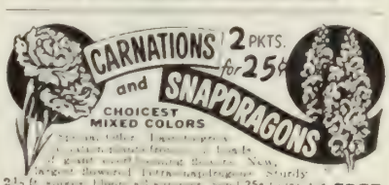


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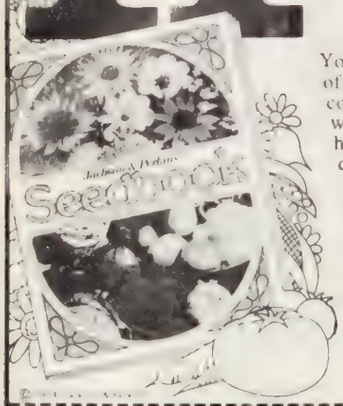
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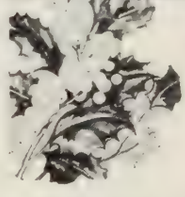
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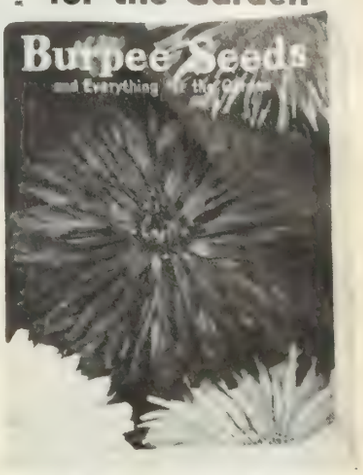
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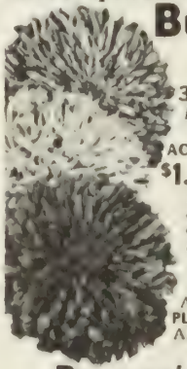
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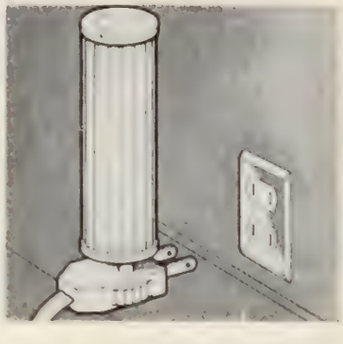
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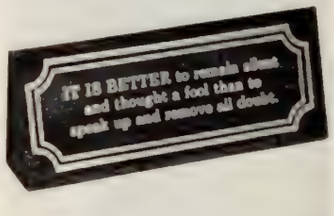
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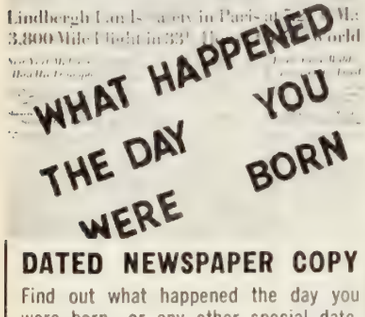
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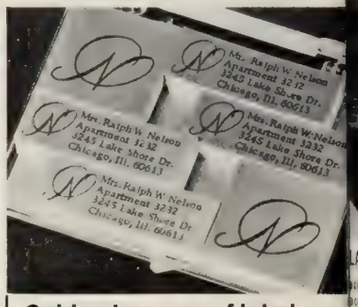
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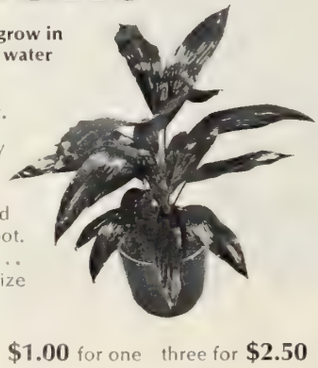
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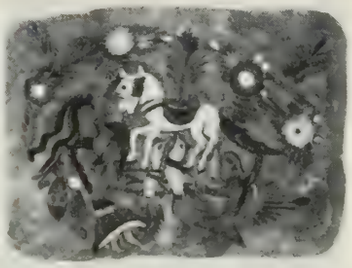
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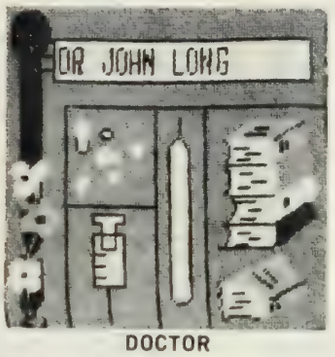
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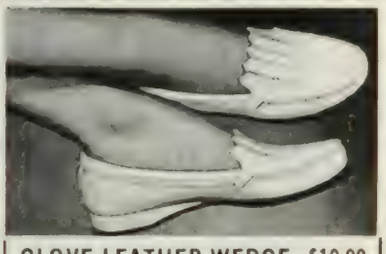
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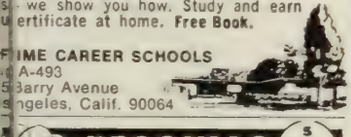
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The man next door

A lot of people are complaining that the mail is slow. I can't entirely agree. In the last five years, for example, my gas and phone bills haven't been late once.

George Grover is taking a correspondence course in creative writing. But the only thing they've taught him how to write so far, he says, is his tuition check.

"I don't suppose the good Lord minds if we watch Sunday football all day," says the Rev. George Hall, "so long as we all make it to His pregame show at church."

Grandma Hillis is probably mistaken, but she swears she saw an armored car delivering a load of meat to the supermarket.

A photography course was fun for Molly Moats but tiresome for her photographer husband, who was asked to develop and print her film. Then he read the school catalog. She was taking a course titled: "How to develop and print film."

Elaine Cowan says her ex-husband should have no complaints about their marriage. "After all," she says, "I gave him the best years of his life."

The Rev. George Hall says he doesn't really believe in reincarnation but he does have a neat definition of it: cosmic recycling.

It makes Dad Hillis sad to see fishing become so competitive that there are professional fishing contests. Next thing you know, he says, we'll be having rocking chair contests.

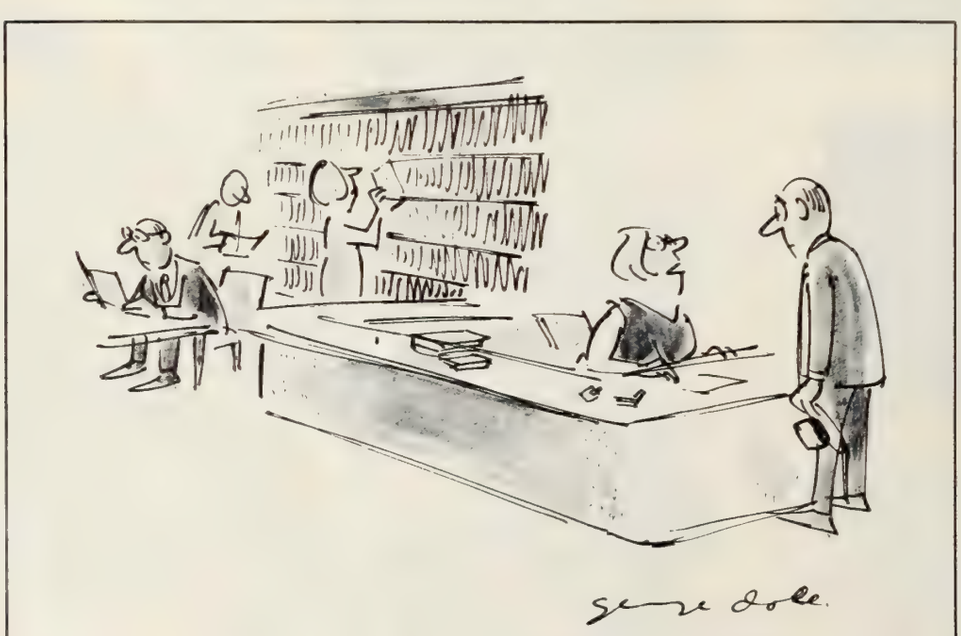
"It makes you look distinguished," said Elaine Cowan to Bill Norman when she first saw his new beard. To which Isabel, his wife, added quietly: "That means 'old,' dear."

We know Ken Floyd has slipped over the line from being a tennis enthusiast and has become a tennis nut. Describing a hailstorm, he inadvertently said: "It was hailing tennis balls as big as hailstones."

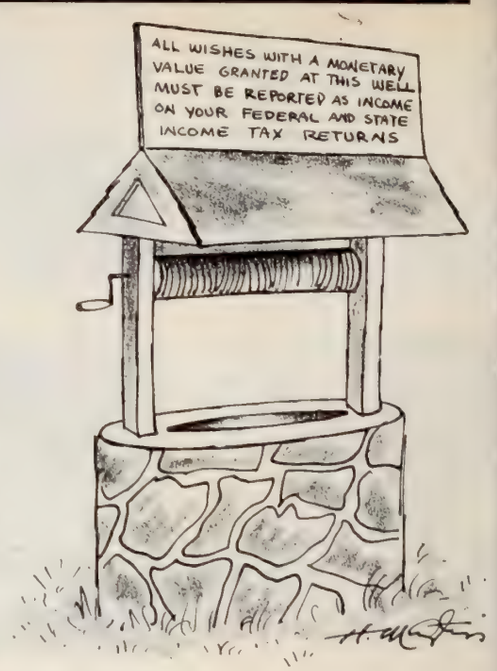
Home from college for the holidays, Rosemary has mixed feelings when the phone rings for her. She likes the popularity but dreads the way little sister Judy calls her and announces in a stage whisper: "It's a boy!"

I have finally learned what to say at an avant-garde art show. If I don't like a painting, it's interesting; if I really hate it, it's provocative.

Bud, Jr., 13, suddenly has started to make straight A's in English. It has something to do with motivation and the fact that his teacher is a pulchritudinous young blonde.



"You'll find a copy of 'How to get rich in today's economy' in the fiction department."



This summer, with our siblings away at camp and summer jobs, Chris and I spent a week of de-pressurized relaxation with a pair of old friends. They're now living in a new golf course condominium, where maintenance chores are unheard of and where a sudden intrusion of our whole gang would have set security guard alarms ringing.

The condominium's golden rule is: DISTURB NOT THY NEIGHBORS WITH NOISE. A heavy pregnant silence seemed to hang over the neighborhood at all times. All week, we didn't hear the illegal singing of a single bird.

When Chris and I returned home the first thing I did was carry out a secret compulsion that had been building up inside me throughout the vacation. The kitchen drawer yielded what I craved: the scout whistle I wore around my neck when I was leader of Bud's Fox Patrol.

Walking to the back porch I put the whistle to my lips and gave out with a shrill blast that must have vibrated into the next county. The racket made me a new man again.

Not only that, but a short while later our back patio began filling up with grinning dogs and neighborhood kids, followed by Old Hugo the barn-sized sheep dog who never fails to move in on anything that looks like action. A celebration was in order. I put on a white apron and set up the barbecue outfit. Chris handled the pop and paper plate detail and young Hank next door set up his electric guitar.

A great number of barbecued hot dogs later the word had spread like wildfire until the patio was packed solid with neighborhood dogs and pint-sized kids.

I stopped to breathe in the beautiful bedlam. The sound of children yelling and laughing. Old Hugo the sheep dog outbarking the other dogs. It was my kind of music. It was good to be home.

Burton Hillis

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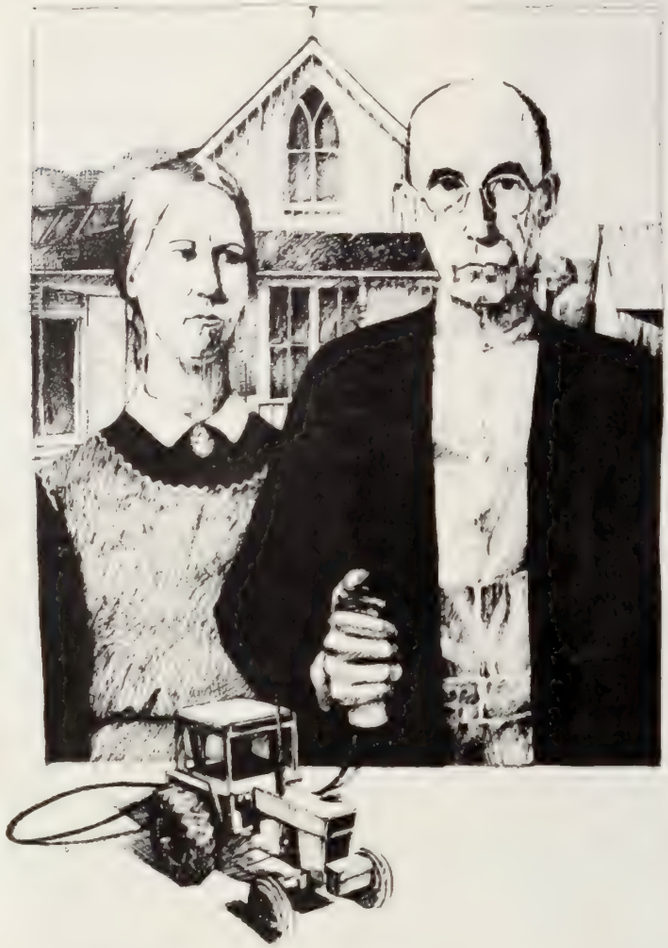
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Where does your food dollar go?



Who grows your food- and how well do they do it?

By Fred Bailey

Editor's Note: *Suddenly last year Americans had a small sample of what it might be like to run short of food. Prices soared. Some items disappeared from the grocery shelf. Families and even entire nations began to hoard. And our government announced export embargoes to ration scarce commodities.*

Although shortages proved to be short-lived, it is difficult not to wonder how much longer we can continue to produce sufficient food to match the nonstop growth in demand. At a time when we are being told we may have to learn to live with less of everything from petroleum to paper, will we also have to get along with less food to eat? In this, the second in a series of articles probing every aspect of our food chain, we consider this vital question.

Those who suggest a food shortage specter contend the U.S. is already using most of its farmable land. And they doubt that future yield increases can equal those of the past.

If they're right, it will make little difference how well or poorly other segments of our food system perform. Scarcities inevitably lead to rationing, price controls, bureaucratic bungling and, more often than not, outright black marketing.

Fortunately, the evidence strongly indicates the food shortage predictors are *wrong*. Despite last year's world production shortfall, U.S. agriculture is nowhere yet near its potential for all-out production.

Experts confidently predict that, far from running short of food anytime in the foreseeable future, Americans will enjoy more and better food than ever before. By the mid-1980s, for example, we will eat an estimated one-fourth more beef per person, and still have an ample supply of grain available to export.

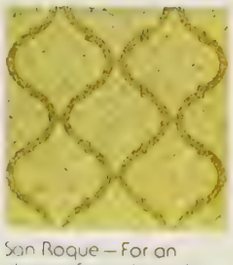
This optimistic view stems largely from the same agricultural production revolution that, until very recently, many Americans regarded as somewhat of a national curse—a cause of costly surpluses and huge subsidies. But had the business of farming not undergone massive changes during the past several decades—changes that often produced more food than needed—today's outlook almost certainly *would* be for a shortage of food.

Commercial farmers who currently produce the bulk of our food are the survivors of 25 of the toughest years ever experienced by any industry, years in which the number of farms in the U.S. was reduced by economic attrition from 5.7 million in 1950 to

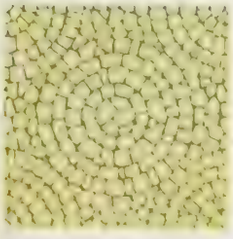
continued on page 48

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FAMILY MONEY MANAGEMENT
6 Some expert answers to common tax problems

FOOD
28 He cooks—South Sea Salad
50 Family-style soups
78 Dieting: How to make forbidden foods low-cal
84 Budget recipe contest
85 50 recipes to beat high food prices
94 How to turn vegetables into dessert
95 How to make the Spaghetti Pie on the cover
97 Prize tested recipes—Pizzas and Cherry desserts
101 Win money for your recipes
102 Dessert-and-cheese combos

CRAFTS
82 Spring sewing: Exclusive new fashions for children

FAMILY TRAVEL
61 International travel at home

BUILDING
40 How to get your first personalized house

PETS
26 Does your dog need to diet?

GARDEN
72 Houseplants: Showy and surefire

FAMILY HEALTH
30 Fourteen harmful myths about heart disease

OF CONCERN NOW
2 Where does your food dollar go?
12 How to save gas when you drive

CARS IN YOUR FAMILY
16 The facts about interlocks
16 How to make your battery last longer
22 Cleaning your car's interior

HOME ENTERTAINING
74 Houseplants that come to dinner

DECORATING
62 Decorating with plants: how to make a house grow beautifully

EQUIPMENT
76 Personal touches for your personal kitchen
114 Save money on your heating bill this winter

NEWS AND SHOPPING
54 Good news
120 How to order material from the magazine
122 Shopping editor's choice
For shopping information on products shown in this issue, see Buying Guide, page 121

Cover photograph: Maselli. Recipe on page 95.

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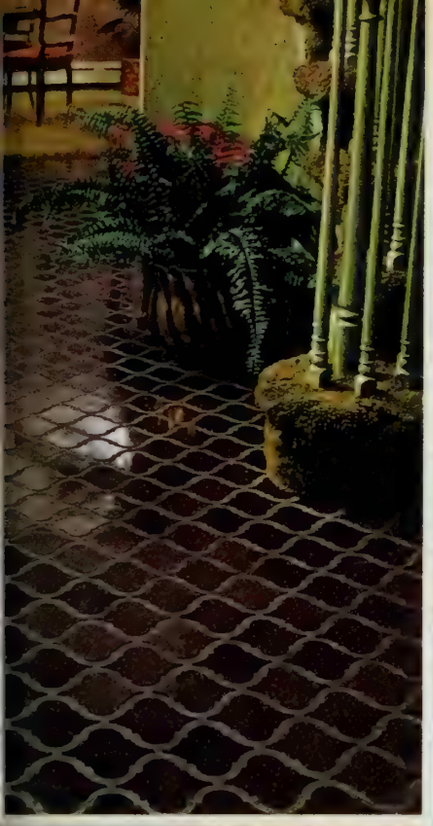
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SOME EXPERT ANSWERS TO COMMON TAX PROBLEMS

Each year, taxpayers ask the Internal Revenue Service literally millions of questions. To help in your tax planning, *Better Homes and Gardens* presents here some of the most frequently asked questions—and the IRS answers. If you need additional information in specific areas, contact your local IRS office or see your personal tax adviser. *(Note:* All forms mentioned in this article are available from your local IRS office. Your bank or post office may have some, too.)

Hiring a tax preparer

Q) How can you guard against dishonest tax preparers?

A) Here's what the IRS advises. Never sign a blank return. Do not sign a tax return prepared in pencil, because it can be changed later. Do not allow your refund check to be mailed to the preparer. Avoid the adviser who "guarantees" refunds, wants a percentage of the refund, or supposedly knows all the angles. Avoid the preparer who advises you to overstate deductions, claim fictitious dependents, or omit income. You also should insist that the tax preparer sign the return he prepares and enter his address and tax identifying number. Finally, be sure to keep a copy of your return.

Q) Is my commercial tax preparer responsible for any errors on my return?

A) Ordinarily, no. Each taxpayer is responsible for the accuracy of his federal income tax return, no matter who fills it out. In the case of fraud, however, the commercial preparer is liable, too.

Q) Last year I paid $25 to have my 1972 tax return prepared. Can I deduct this amount on my 1973 return?

A) Yes—if you itemize deductions.

Q) I paid someone to prepare my return for 1973. Can I deduct his fee on my 1973 return?

A) No. For most taxpayers, practically all deductible expenses, including tax preparer fees, may be deducted only in the year they are paid.

Q) Will the IRS still figure your tax on request?

A) Yes—if your adjusted gross income is $20,000 or less and it came only from wages, salary and tips, dividends, interest, pensions and annuities; if you claim the standard deduction; and if you file by the due date. The IRS will compute your taxes, regardless of the amount of your income, if you file by the due date on short form 1040A, and your income came only from wages, salary and tips, dividends, and interest.

Q) Will having the IRS compute my tax slow down the refund?

A) No.

Figuring withholding taxes

Q) Is it true that a student can be exempt from income tax withholding?

A) Yes. Students and other individuals are exempt from withholding if they did not owe tax last year, expect to owe none in 1974, and have filed a Withholding Exemption Certificate (Form W-4E) with their employers. If any tax has already been withheld this year, however, the taxpayer must file a return next year in order to get the withheld money refunded.

Q) Is it possible to reduce the amount of tax withheld from my pay?

A) Yes. In addition to claiming all the exemptions to which you are entitled, you also may qualify for the special withholding allowance. For details on how to file a new W-4 form, see your employer or call your local IRS office.

Q) I had two jobs last year, and more than the maximum amount of social security tax was withheld from my pay. How can I get back the excess?

A) If you worked for two or more employers during 1973 and more than $10,800 of your wages were subject to social security tax, or more than $631.80 in social security tax was withheld, you are entitled to claim the excess social security tax as a credit against your income tax. See your tax form instructions for details on how you can recover this excess.

Determining income

Q) Are proceeds of a life insurance policy taxable?

A) Usually, life insurance proceeds paid to you because of the death of the insured are not taxable income. This is true even if the proceeds were paid under an accident or health insurance policy or an endowment contract.

Q) When should I report interest earned on my Series E Savings Bonds?

A) Only when the bonds mature or are cashed (whichever is earlier)—unless you file an election to report the annual increase each year. For more information, get a free copy of IRS Publication 576, "Tax Information on United States Savings Bonds."

Q) Are scholarships taxable?

A) In general, if you receive a scholarship or fellowship grant, you may exclude all or part of that amount from your gross income, depending upon whether or not you are a degree candidate. However, a scholarship that is compensation for past or future services or primarily for the grantor's benefit is *not* excluded from gross income.

Q) I was out sick for ten weeks last year and received sick pay. How much of this can I exclude from my income?

A) It depends on how much you received in pay for the time you were out. If you received over 75 percent of your regular salary while you were sick, there is a 30-day waiting period whether or not you were hospitalized at any time. After it expires, you may exclude up to $100 a week from income as sick pay. If you received 75 percent or less of your regular pay and you were not hospitalized at any time during your absence, there is a seven-day waiting period. Then you may exclude up to $75 a week. After 30 days, you may exclude up to $100 a week as sick pay. If you were hospitalized, there is no seven-day waiting period.

Q) I opened an account with a stockbroker last March. He buys and sells stocks for me, but I never withdraw any profits from the account. Are those profits counted as income; do I have to pay tax on them?

A) Yes. The fact that you do not withdraw profits from your brokerage account does not postpone taxation. Those profits are fully taxable in the year earned, even if the credit balance in your account may be reduced or eliminated by losses in later years, or your current profits are used to reduce later losses.

Q) I have just sold my house at a profit.

continued

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continued

Expert answers to common tax problems

What are the tax consequences?
A) The tax on any profit from selling your old home is postponed if within one year before or one year after the sale you buy and occupy a new residence costing as much or more than the "adjusted sales price" of your old residence. If you are 65 or older before the date of the sale, you may be able to exclude from your income all or part of the gain on the sale. For more details, get IRS Publication 523, "Tax Information on Selling Your Home."

Claiming dependency exemptions

Q) What tests must be met for a taxpayer to claim a person as a dependent?
A) All five of the following tests must be fulfilled: 1.) You must furnish over half of the dependent's total support during the calendar year. 2.) If the person's gross income is $750 or more, you may not claim him as a dependent unless he is less than 19 years of age at the end of the year or a full-time student during some part of each of five months of the year. 3.) The person must be a member of your household and live with you for the entire year or he must be closely related to you. 4.) In most cases, he must be a U.S. citizen or resident. 5.) The person must not file a joint return, unless one is not due but was filed merely to obtain a refund.
Q) My son is a full-time student and is earning a lot of money from his summer job. If he makes more than I spend for his support, will I lose his dependency exemptions?
A) The "support" test of the dependency rules is not keyed to how much your dependent earns or how much income he has, but to how much he spends on support items. For example, if your son banked his earnings instead of spending them on support items, they would not count toward his support. In the same way, if he spent his earnings on a nonsupport item, such as a car, that amount would not count toward his support.
Q) My son is paying his own college tuition this year. Will this have any effect on whether or not I can claim him as a dependent?
A) Yes. Tuition payments are counted in determining total support. If you and your son furnish his total support for the year, and your son spent more on support items, such as food, clothing, shelter, education, etc., than yo did, you will not be able to clai him as a dependent.
Q) My son earned nearly $2,00 last year. I cannot claim him as dependent. Does he have to file federal return?
A) If he is single and you are n claiming him as a dependent h ordinarily does not have to file return unless his gross income more than $2,050. However, you (or someone else) are e titled to claim him as a dependen and if he had income from div dends, interest, or other types unearned income, he must file return when his gross income wa at least $750. Even if he is n required to file, of course, h must do so to claim any refun due him for income tax withhel

Figuring deductions

Q) How can I tell whether should itemize my deductions c choose the standard deduction?
A) It usually will be to your ad vantage to itemize deductions i you are a homeowner paying in terest and taxes; you had unusua ly large medical and dental ex penses during the year; you pai alimony, you suffered a majo uninsured casualty loss, or yo made large contributions to qual fied charities.
Q) What if I don't want to iten ize my deductions?
A) Then you may take the star dard deduction, which is figure at $2,000 or 15 percent of you adjusted gross income, whicheve is less.
Q) What form do I use when itemize?
A) You must use Form 1040.
Q) When can I use the short forn 1040A?
A) You may use the short forn if all your income was fron wages, other employee compen sation, dividends, or interest, an you do not itemize your deduc tions. If you did not receive short form 1040A in the mail you can get a copy at any Interna Revenue office and most bank and post offices; or use the orde blank in your form 1040 packag to obtain a short form.
Q) Must every taxpayer who i eligible for the short form 1040A use it?
A) No. Use is optional.
Q) My adjusted gross income i $13,000. Can I take the $2,00 standard deduction on my return
A) No. Since the standard deduc tion is 15 percent of your adjust ed gross income up to a $2,00 maximum, and 15 percent o your adjusted gross income i $1,950, that's all you can take.

Itemizing deductions

Q) I saw a story in the paper giv ing the average deductions take by U.S. taxpayers last year. If

continued

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continued

Expert answers to common tax problems

keep my deductions below these figures, will it keep me from being audited?

A) No. IRS computers screen *all* individual returns for error, not just those with higher-than-average deduction figures. Sophisticated mathematical formulas are used to rank returns by error potential, and those having the highest probability of error are selected for audit. Remember—if a deduction on your return is questioned, you must be able to substantiate the item.

• *Medical expenses*

Q) Are medical insurance premiums deductible in full?

A) You may deduct in full one-half of the amount you paid for medical insurance (including supplementary Medicare insurance premiums), up to $150. Add the balance of your premiums to your other medical expenses.

Q) Is the cost of birth control pills deductible?

A) Yes, if the pills are prescribed by a physician. However, you may include payments for the pills, along with those for other medicines and drugs, only to the extent they exceed one percent of your income. Your total medical expenses are deductible only to the extent they exceed three percent of your income.

Q) My family doctor lives 20 miles away and it costs me several dollars to drive to his office, park, and return. Are these expenses deductible?

A) Yes. Payments for travel costs to get medical care are deductible. You may deduct what you paid for gas, oil, parking fees, etc., but not depreciation; or you may prefer deducting a standard mileage rate of six cents for each mile you use your car for medical purposes. Parking fees and tolls are also deductible in addition to the six cents per mile. So are amounts paid for bus, taxi, or plane fares, as well as for ambulance hire.

• *Sales tax*

Q) Do I have to use the tables in the IRS tax forms package to compute a sales tax deduction?

A) Using the tables is optional. You may deduct the actual sales tax you paid on purchases—but be sure to keep records to justify your deduction. If you use the sales tax tables instead, you may add to the amount shown in the tables the sales tax paid on the purchase of an automobile, airplane, boat, or mobile home, as well as materials used to build a new home where you are your own contractor.

• *Interest expenses*

Q) Can I deduct bank credit card and oil credit card finance charges?

A) Yes. Such finance charges are deductible as interest, and so are amounts levied by retail stores on customers' revolving charge accounts and designated "finance charges."

Q) I had to pay interest and a penalty for filing a late tax return. I know the interest is deductible. What about the tax penalty?

To make a quick dessert tha



A) Tax penalties are not a deductible expense.

• *Contributions*

Q) Are there any upper limits on how much you can deduct as a charitable contribution?

A) In general, contributions to most charities, such as churches, educational organizations, hospitals, etc., may be deducted up to 50 percent of your adjusted gross income. There are certain limitations on contributions of property such as stock, so check with your tax adviser.

Q) The local police boys' club is sponsoring a benefit showing of a movie. Tickets are $10. Can I deduct the ticket price as a charitable contribution?

A) A portion of the ticket price is deductible—namely, that portion that exceeds the fair market value of the showing. Say the regular price of the movie is $3; your deduction would be $7.

Q) I donated some old clothes. Can I deduct their value as a charitable contribution?

A) Yes. Used clothing is deductible to the extent of its fair market value at the time of the gift. Remember, you can also deduct your cost of transporting the clothes to the recipient.

Q) What about transportation expenses for charitable activities?

A) You may deduct unreimbursed out-of-pocket transportation expenses directly attributable to services you do for a charitable organization. If you use your own car, you may figure the rate of six cents per mile or you can deduct instead your actual expenses. Parking fees and tolls are deductible in addition to the six cents per mile.

• *Miscellaneous deductions*

Q) What are the miscellaneous deductions?

A) They can include such expenses as political contributions (up to $50 or up to $100 if you're married and filing jointly); cost of safety equipment, small tools, and supplies used in your job; dues to unions, professional organizations, chambers of commerce; fees to employment agencies to get a job; gambling losses, but only up to the amount you won; alimony payments.

Q) I sold my home at a loss. Can I deduct the loss?

A) No. A loss on the sale or exchange of your residence is not deductible. If you use your residence for rental or business purposes, however, part of your loss may be deductible.

Q) I use the den of my home for my insurance business exclusively. I just repaired the floor. Can I deduct the cost?

A) The cost of repairs to a room used exclusively for business purposes is fully deductible. If a part of the room is used for business purposes, a proportionate amount is deductible. In addition, a portion of the cost of any repairs you make to the outside of your home can be deducted. However, you may not deduct the cost of painting and repairs of other rooms in your house.

Q) As a salesman, I'm required to write orders and make reports. My employer does not furnish me office space, so I do this work at home in my den. Can I deduct the portion of my household expenses attributable to this busi-

continued on page 53

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2. Add the whipped topping to the flaked gelatin in the bowl.



3. Gently, but thoroughly, fold the whipped topping into the flaked gelatin until evenly mixed.



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How to save gas when you drive

Remember the days when full-size cars got 18 miles per gallon? The sedans of five and six years ago were that efficient, but today the same size car is doing well to get two-thirds of that mileage. Much of the blame can be placed on the extra weight of required safety features, emission control devices, and the lower compression ratios necessary for cleaner burning 91-octane low-lead fuel. But consumers, too, must share the blame because of their fondness for air conditioning, power steering and brakes, and a host of easy-living gadgets.

With gasoline in shorter supply and selling for premium prices now and with higher prices to come, experts are searching for ways to meet current demand, and economy driving has become a must. Here are some tips that can help you drive farther than ever before on the same amount of fuel.

Preparing your car's engine

Gasoline is consumed in the engine, and it is there that corrections must be made to achieve maximum efficiency.

Engine timing is of great importance and should be checked regularly to make sure it complies with factory specifications. Incorrect timing develops over a period of usage and can go unnoticed until detected by an experienced mechanic. Distributor point gap must also be adjusted, or the points replaced, when timing is reset.

The carburetor controls the flow of gasoline into the engine. An improperly adjusted carburetor can waste gasoline without noticeably effecting performance, so you should have the carburetor checked for adjustment about every six months. A stuck choke can cause a rich or excessively fast idle setting. Roughness or hesitation can indicate the carburetor needs cleaning.

Spark plugs should be inspected, cleaned, and re-gapped every 4,000 miles. In normal use, plugs should be replaced every 12,000 miles; faulty plugs can waste as much as one gallon of gas in every ten. A compression check at the same time will locate possible malfunctioning valves and piston rings that cause power loss and poor fuel economy.

Filters are among the most important—and most neglected—parts of your car's engine. A dirty air filter reduces the flow of air to the carburetor, thus enriching the air-fuel mixture and cutting gasoline economy by as much as ten percent. Filters should be replaced at least as often as recommended in the owner's manual—more frequently under severe driving conditions. There's a filter on the gas line, too, for removing particles from the fuel. This filter is easy to clean and inexpensive to replace, yet is often overlooked. Have oil filters replaced at least every other oil change, since modern multi-viscosity, super-cleansing oils deposit a lot of engine sludge. Dirty oil is thick and puts extra friction on the engine's moving parts, drastically cutting efficiency and increasing wear.

The cooling system must be maintained as recommended in the owner's manual to assure top mileage and operation. A thermostat stuck in the open position prolongs the engine warm-up period and wastes gas. So does a thermostat of lower temperature than specified for your car because this will delay warm-up. A cold engine can use three times more fuel than a warm one. Modern engines use thermostats of at least 180 degrees.

A clogged PCV (positive crankcase ventilation) valve can have an adverse effect on fuel economy, too, and should be cleaned or replaced as necessary.

Lubricants, tires, et cetera

Heavy or dirty lubricants cause unnecessary friction on moving parts and reduce fuel economy. Use the high viscosity, multigrade oil suggested by the manufacturer, and change it often. Be sure your car's other moving parts are kept lubricated, too, but never with chassis and gear lubricants heavier than recommended by the car maker.

Binding wheels, caused by tight or improperly lubricated wheel bearings and dragging brakes, can adversely effect gasoline mileage. Jack the car up and check each wheel to see if it spins freely. If not, have it corrected by a competent mechanic.

Improper wheel alignment and balance can have a double negative effect: premature tire wear and wasted effort through extra drag. Poor alignment and balance also pose serious safety hazards and require the immediate attention of a trained technician.

Under-inflated tires increase rolling resistance and can cut mileage a mile or more per gallon. Inflation should always be kept at recommended pressures, but for top mileage you can safely add two to four pounds.

Automatic transmissions will give good fuel economy if properly operated and regularly serviced. Low fluid level and improper adjustment can cause slippage and incorrect shift points with accompanying waste of fuel. Have a trained serviceman check the transmission if you suspect a malfunction.

Economy driving techniques

Gasoline, of course, is the precious commodity we are trying to conserve, so start by choosing the right type for your car. Premium won't do anything more for a car designed to run on regular. But don't use regular grades if your owner's manual says premium. Always ask station attendants not to fill the tank all the way up to the cap; rising temperatures cause the gas to expand and it will spill over or leak out. But just as important is the habit of keeping a nearly full tank. Fuel is lost from evaporation into the air of the tank, so the less air there, the less evaporation.

Slower speeds mean better fuel economy, so adjust your travel

continued on page 115

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THE FACTS ABOUT INTERLOCKS







The legislatively ordered arrival of seat belt interlock systems on 1974 cars has been greeted by most consumers with a decidedly low level of enthusiasm. But the fact remains that interlocks are an unavoidable part of every new car, and making their use mandatory does constitute an important safety advance.

Why the interlock?

Before the introduction of the 1974 models, seat belt usage by the driving public was estimated at less than 20 percent, and shoulder harnesses were virtually ignored. All the promotional effort and the millions of dollars spent on "buckle up" campaigns failed to persuade American motorists to use restraint systems regularly. To most drivers, buckling up seems wise perhaps, but bothersome, particularly for short trips. Ironically, studies show that no trip is more dangerous than the short one; four out of five accidents occur within 25 miles of home and at speeds less than 40 mph. Each year more than 10,000 people who could have been saved by wearing seat belts die in highway crashes.

Experience has shown that belt usage has to be habitual to be effective. Until better motorist protection is available, the emphasis must be on insisting that people buckle up. The goal is to make wearing lap and shoulder belts an everytime practice, as essential to driving as turning the ignition key. In essence, that is what the safety belt interlock system accomplishes.

How it works

Only one step has been added to the way a car is normally started. Sit down, *buckle up,* and turn the ignition key—it's that simple. A front seat passenger (on some models, all front seat passengers) must also use belts, but rear seat occupants have no effect on the starting sequence.

Weight or pressure on the seat activates sensors under the front seat cushion. This opens an electrical circuit which disables the ignition system until it in turn is overridden by the circuit completed when you buckle the seat belt. That is why the system is called "sequential"—it first senses weight, then the buckling of the belts, and *then* it permits engine ignition. The whole sequence is controlled by a logic module, which, while sounding like some kind of computer, is simply a unit that reacts to the sequence. The logic module will react the same way each time you enter the car. On cold starts the engine may stall several times, but you can restart without doing anything more than turning the key again as long as belts have remained fastened. And the module has a delay feature of limited usefulness that allows a brief time (about 30 seconds) for restarts even if belts are unbuckled and weight removed from the seat.

Once the engine is started, it will not die if the belts become unbuckled. But the warning buzzer (toned down from earlier models) and light will come on and stay on until the buckle is fastened again. For instance, you can unbuckle and hop out to mail a few letters, or reach for tollbooth change with the engine running. After starting the car, you can buckle the belt behind you, but the hardware is uncomfortably positioned in the middle of your back. Attempting to defeat the system this way or by tying a knot in the belt, will be of little use, since the initial sequence must be repeated if you turn the ignition off, leav

continued on page 19

How to make your battery last longer

As long as the car starts, the radio plays, and the lights shine, few people give their car's battery a thought. But like any other automotive system, the battery needs regular care and maintenance to deliver faithfully throughout its service life.

Batteries tend to fail for one or all of four general reasons: low water levels that impair the chemical reaction; inadequate capacity to handle electrical accessories added to your car's original equipment; lack of proper engine and battery maintenance; and prolonged undercharging or overcharging. Each of these can be avoided by following the simple preventive measures outlined here.

Water in the battery

Water level, visible through the vent ca opening in each cell, should always be a the built-in indicator line. If the level too low, sulfuric acid may build up on ex posed plates and permanently damage th battery. If the battery is overfilled, th electrolyte may bubble up and escap through the vent caps. Frequent low wate levels indicate possible overcharging, an the output of the alternator simply boils th water away. You can add plain water t

continued on page 20

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There is only one St. Moritz. Only one small Swiss village that has been, for one hundred years, the premier winter playground for the regal and the rich.

Here, in the nineteenth century, bearded Czars raced their prized stallions across the frozen lakes. Wars were planned and treaties contemplated, as the royal families of Europe sat in mud baths and soaked in the warm mineral springs.

Kings and Queens still come to St. Moritz. And now the world's best skiers arrive to test their skills. They ski in the morning, slalom in the afternoon, and raise their glasses in celebration late into the night.

And so, through the years, only St. Moritz is St. Moritz. A traditional gathering place for people of talent and wealth; a sparkling one-of-a-kind creation in a winter world.

Like St. Moritz, Seagram's V.O. Canadian is also a one-of-a-kind creation. Through the years, V.O. has stood apart as a whisky uncompromising in quality, with a tradition of craftsmanship that has made it The First Canadian in smoothness. The First Canadian in lightness. And The First Canadian in popularity throughout the world.



Only St. Moritz is St. Moritz. Only V.O. is V.O. All the others come after.

Seagram's V.O.
The First Canadian.



It's also a very nice dinner table.

One of the nicest things people find out about Keller furniture is how useful it is.

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With Keller, you can do things you probably wouldn't do with other furniture.

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Although Keller has the beauty of much more expensive furniture, it's made so that you don't have to worry about using it. Because we make it for people who like to be together.

It's more than just dining furniture. It's KELLER

ns on page 16

e facts out interlocks

ar, and reenter—you'll have tie the knot or unbuckle the to restart. If the engine is d off, both driver and front nger must rebuckle in order tisfy the sequential start log- hether or not both got out of ar.

so incorporated in the new belt assemblies are shoulder s for the driver and out- d front seat passenger. Un- shoulder straps of old, these comfort and freedom of ement under normal condi- , while providing instant ip restraint during rapid de- ation. You can reach the op- e door, open the glove box, sily retrieve something from oor while wearing the shoul- restraint. Tension on the s is regulated by an inertia ocated in the roof.

phisticated as it is, the inter- system isn't perfect. Because eat sensors are weight sen- . even heavy packages d on the seat will prevent ngine from starting unless kled up." Manufacturers fore suggest that groceries imilar objects be placed on loor, backseat, or in the . Also, no matter how good ew seat and shoulder belt as- lies are, they are neither nor suitable as restraints for en under 55 inches in t (usually four to five years r younger). Young children d be placed in carriers or on g devices designed to ac- nodate their size.

to do if the engine won't start

ps you have followed the r sequence and the engine ill not start. There are three e things you can do if this quent annoyance does occur. re-buckle the belts on the ied front seats; you could made a poor connection. If ails, get out and reach in to the key a few times, with- utting weight on the seat— start the car but to deter- if the key and ignition are rly in contact. Then reenter, ckle, and give it another try hird remedy is to lift the press and release the clear- eled "start" button, get back car, buckle up, and try the n again. If none of these pts is successful, chances u have one of the more fa- starting problems of a battery or burned-out start- t a defective interlock. The n is purposely designed as "fail-safe" to provide starting alternatives so motorists won't be stranded. As well engineered as any other of the car's operative systems, the interlock is just as reliable as the power steering, brakes, air conditioning, or automatic transmission. Stories of a three to five percent malfunction rate on the 1974 interlock do not mean that your car won't start three to five times out of 100, but simply that three to five of every 100 will fail to produce a start. Turned around, that means 95 to 97 percent of the systems will function reliably.

The plus side of interlocks

Seat belt interlocks are actually

continued

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continued

The facts about interlocks

the least expensive system for protecting car occupants. At present the only other feasible alternative is the passive air bag, which has saved lives in a number of highway crashes that normally would have produced fatalities. However, air bags are expensive (about $200), they complicate repairs in the dash area because of their location, and they create possible hazards for technicians working around the gas cyli... Besides, air bag effectiven... side and rear-end collisions ... considered questionable. ... locks have proven their effe... ness and add only about $... the cost of a new 1974 ca... than the price of an avera... radio. Anticipating a big de... in claims as a direct benefit ... interlock, some insurance ... panies now offer discounts ... to 20 percent on bodily ... premiums for owners of ... lock-equipped cars. If you ... for insurance with that fe... your reduced premium will ... offset the cost of the inte... The real value of the int... system, though, will not be ... ed in dollars, but in the nu... of lives saved each year.

begins on page 16

How to make your battery last longer

your battery, as long as the ... is low in mineral conten... manufacturers recommen... distilled variety, for whic... cost is quite reasonable.

Checking the alternator belt

The alternator will not proc... normal amount of electrica... rent—and the battery wil... gradually suffer a power ... if the belt that drives it str... and slips. Check the belt's ... ness yourself, or have it ch... when you take your car in ... tune-up.

Cleaning and tightening clam...

Corroded clamps on the b... cables result in partial powe... through poor connection... lowed to remain, corrosio... actually eat through a clam... result in complete power ... Use a wire brush to clean ... sion from the cables and po... the clamp is badly damage... place the whole cable. ... cleaning the clamps, coat ... with Vaseline or petroleum ... to prevent or slow corr... Periodically check the tig... of battery clamps, the "gr... connection, and cable co... tions to alternator, starter ... power terminals.

Cleaning the battery case an...

Electricity may be slowly ... ing out of your battery, cor... ed by an accumulation of ... ture, dirt, and grease on the ... You can remove loose dirt ... slow stream of water, being ... ful not to get it in the battery ... holes. A stiff brush will re... any corrosion, and a cloth w...

continued



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Bufferin's pain reliever not only starts going to those aches and pains twice as fast as plain aspirin, it also reduces the fever as effectively as any plain aspirin tablet. And Bufferin's special ingredients help prevent the stomach upset plain aspirin can cause.

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Remember when you felt that all your life you would be stumbling over all those non-existent barriers? Then, there were the braces—for days, you held your lips tightly together not wanting to smile, wanting to die. Then he told you how beautiful you were. The most beautiful thirteen-year-old in the world. That moment—nothing else mattered but pleasing him. So, you gave him the biggest grin you could muster. Braces and all.

Now that you're grown up and moved away from home, you can still have those heart-to-heart talks with your dad. Any time.

Long Distance is the next best thing to being there.



Just a few little tidbits my cat rejected... until we found Tender Vittles.

Before Tender Vittles my kitchen was bulging with stuff my cat wouldn't eat. Big cans. Little cans. Anchovies in catnip sauce. And more. I'd serve them. She'd hide under the bed until I took them away. With Tender Vittles it's different. She eats every moist bite, every day. She even eats all six flavors!



I know Tender Vittles has all the nutrition she needs. I love the easy foil pouch.

I got rid of the 237 cans of cat food. Life is simpler. Only, what am I going to do with this 200-pound tuna?



Purina Tender Vittles.

You'll both love it.

For your pet's health see your veterinarian annually.

continued

How to make your battery last longer

with a solution of baking soda and water (two ounces of soda to a quart) will help neutralize any acid on the case or connections. The tiny holes in the vent caps also need occasional cleaning so accumulated gases can escape. You can remove any rust on the battery tray and hold-down clamps with the brush and soda solution mentioned above; then rinse with clean water and coat with an acid-resisting paint. Never put paint on the terminals, however, and avoid getting any of the baking soda solution into battery cells.

Helping your battery

Your battery's power may be gradually declining even if it is in perfect condition and all connections are tight, particularly if you live in a cold climate where temperatures frequently drop below freezing. A hard-starting, poorly tuned engine can work the battery to death, using up more energy than the alternator can restore. To keep your car's plugs, points, and timing up to standard, have tune-ups at regular intervals. A complete tune-up in the spring and late fall is recommended, more frequently if you do lots of urban driving.

Engine oil, too, affects how easily your car starts and thus the amount of drain on the battery. In cold weather a heavy oil can act like glue, making it hard for the battery to crank your car's engine. Check with your local service station for the right weight oil for your area and your type of driving.

And remember, battery gases are explosive. A spark or flame brought near them can touch off a violent explosion, complete with spraying acid. Battery acid is highly corrosive, so avoid contact with skin or clothing. If you get some acid on you, flush the area immediately with a large quantity of water.

Demands on your battery

The accessories and standard electrical systems of a modern car use large amounts of electrical current. In most cases the alternator will supply the energy demand, but operating the electrical accessories with the engine off can severely drain the battery. Listed below are the power requirements of an average assortment of 12-volt accessories found in a car.

Accessory	Amperes
Air conditioner	10 to 14
Heater	6 to 7
Ignition system	2 to 3
Parking lights	4 to 8
Low-beam lights	8 to 14
High-beam lights	12 to 18
Radio	.04 to 2
Windshield wiper	2 to 3

Cleaning your car's interior

In winter your car's upholstery and carpeting are subjected to punishment beyond the everyday wear and tear. Wet or muddy boots and clothing add soil to the stains produced by spilled hamburger catsup or coffee. If long neglected, these stains become almost impossible to remove.

How you remove dirt and stains depends mostly upon the type of material used in your car —vinyl-coated fabric, nylon or rayon fabric, or genuine leather. Vinyl and leather are relatively easy to clean: use lukewarm water and only the suds from neutral soap worked into a piece of gauze or cheesecloth. This will work on most stains and grime.

Cleaning nylon or rayon cloth fibers is more difficult. There are only two methods to remove stains and general soilage—one is with cleaning fluid and the other is with a detergent foam cleaner. *Never* use gasoline or naptha, solvents such as acetone, lacquer thinner, enamel reducers, nail polish remover, laundry soap, bleaches, or reducing agents. Using an excessive amount of cleaning fluid, too, may destroy padding or leave a ring.

Cleaning fluid will remove grease, oil, or fat stains, but first scrape off as much stain as possible. Then apply fluid to a clean cloth and wipe toward the center of the stain. When the stain is cleaned, wipe the area briskly to dry it.

Detergent cleaners are great for removing general soil. Start by vacuuming the area, then mix the cleaner according to directions. Without wetting the fabric excessively, rub the area with a clean sponge dipped in the solution. Wipe clean with a damp towel and immediately dry the fabric with a towel or hair dryer. ■

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#10 RCA VICTOR

THE MANCINI GENERATION 13713 RCA VICTOR

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Close To You/
One Less Bell To Answer 13506 A&M

JOHN DENVER 33364
Farewell Andromeda RCA VICTOR

CAROLE KING 14269
Fantasy ODE

DONNA FARGO 14345
The Happiest Girl
In The Whole U.S.A. DOT

CHÉR 20163
HALF-BREED MCA

ELVIS 24044
BLUE HAWAII RCA VICTOR

THREE DOG NIGHT 13873
Seven Separate Fools

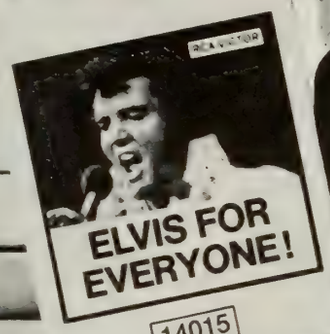
CHARLEY PRIDE 14[illegible]
Sweet Country

NEIL DIAMOND 13731
Rainbow MCA

ELTON JOHN 11859
Don't Shoot Me
I'm Only The Piano Player MCA

CARPENTERS 13997
NOW & THEN A&M

THE MOODY BLUES 10905
SEVENTH SOJOURN THRESHOLD



14015

Heifetz: Tchaikovsky
Mendelssohn 22851
Violin Concertos RCA RED SEAL

Conway Twitty
And Loretta Lynn 33392
Louisiana Woman—Mississippi Man MCA

Mancini/D. Severinsen 14319
Brass, Ivory & Strings RCA VICTOR

ELVIS 14026
COUNTRY RCA VICTOR

CAT STEVENS 31717
FOREIGNER A&M

The Best Of
Porter Wagoner 13193
& Dolly Parton RCA VICTOR

SONNY & CHÉR 20153
All I Ever Need Is You KAPP

Original Soundtrack 00046
THE SOUND OF MUSIC RCA VICTOR

LORETTA LYNN 23667
Love Is The Foundation MCA

SCHEHERAZADE/ 14307
ORMANDY RCA RED SEAL

Original Soundtrack 00049
SOUTH PACIFIC RCA VICTOR

Original Soundtrack 13781
THE GODFATHER PARAMOUNT

Original Cast 00051
FIDDLER ON
THE ROOF RCA VICTOR

Conway Twitty
She Needs Someone To
Hold Her (When She Cries) 24005 MCA

FARON YOUNG 23815
Just What I Had
In Mind MERCURY

ENGELBERT HUMPERDINCK 30050
King Of Hearts PARROT

Artur Rubinstein 13362
World's Favorite Chopin RCA RED SEAL

The 5th Dimension 14377
Living Together, Growing Together

NILSSON 14068
A Little Touch of
Schmilsson In The Night RCA VICTOR

FIEDLER/REINER 10143
Johann Strauss'
Greatest Hits RCA RED SEAL

JIM REEVES 11601
Am I That Easy To Forget RCA VICTOR

ROD STEWART 14392
Sing It Again Rod MERCURY

MARTY ROBBINS 10175
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- Lynn & Twitty: Lead Me On 22486
- Engelbert Humperdinck: In Time 10149
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- Mantovani's Golden Hits . . . 03369
- Segovia: Maestro 03672
- Nilsson: Son of Schmilsson 13429
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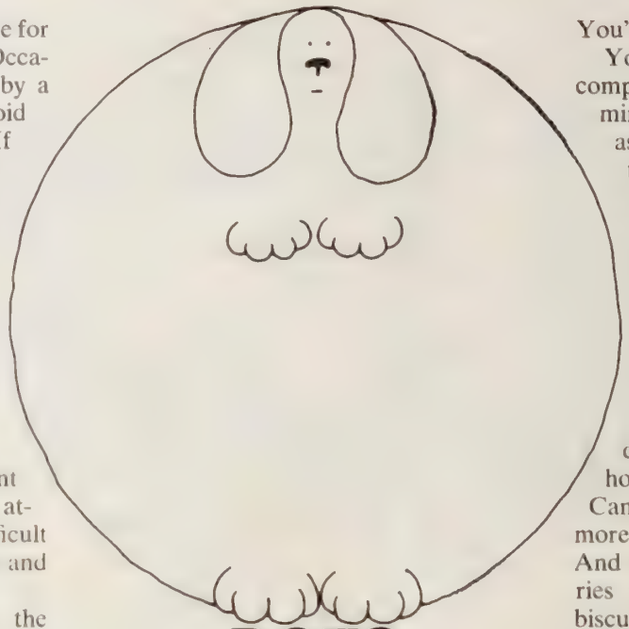
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DOES YOUR DOG NEED TO DIET?

An overweight dog has no one to blame for his condition but his loving owner. Occasionally the excess weight is caused by a glandular problem, such as a thyroid condition, but this is relatively rare. If your dog is overweight, he is simply taking in more food than he needs. Before you shrug off his obesity as inevitable, or even cute, give some thought to what it's doing to him. Like overweight people, overweight dogs have a shorter life expectancy than those in good condition. They are more prone to heart problems, to respiratory difficulties, and to arthritic pain.

Overweight dogs are more accident prone. Their increased weight and attendant clumsiness make it more difficult for them to get out of the way of cars and other dangers.

Excess weight greatly intensifies the pain of congenital disorders such as hip dysplasia and herniated intervertebral discs, and acquired ailments like arthritis.

Obese female dogs have difficulty conceiving when they are bred, and they have a much higher incidence of problems during pregnancy and while giving birth.

If surgery should suddenly be necessary, fat dogs are much poorer surgical risks than lean ones.

In dogs, "fat" and "jolly" are definitely not synonymous. Dogs who carry unnecessary weight on painfully diseased joints are often snappish, and dogs who are sluggish do not make playful pets.

In addition to the physical drawbacks of allowing your pet to be overweight, your pride of ownership will suffer. It's fun to receive compliments on a loved pet. "Isn't he a beauty?" sounds much better than "Fat little rascal, isn't he?"

Why do dog owners overfeed their pets? The reasons are varied and complex.

Giving is an act of love, whether it's giving your dog a chew toy or a rubber rat that squeaks; giving an off-the-leash romp in the park or a ride in the car; giving a belly-rub or an ear-scratch; giving a full bowl of dog food that looks and smells good. When the dog eats, the gift is accepted and the giver is gratified.

People who enjoy snacking between meals assume, usually correctly, that their pets enjoy it too. It's pleasant to share the snack with a pleading pet. Also, many people who live alone with their pets like the companionship of shared meals. The dog is fed an unnecessary breakfast because his owner is eating.

Because we wake up hungry—and are hungry again at intervals of three or four hours, all day—it's easy to imagine that our dogs are also hungry. Few pet owners realize that dogs in their wild state often went for two or three days at a time without eating and suffered no ill effects.

Today's pet owners are exposed to advertising that stresses the palatability of pet food products. We can buy, for example, vegetable-stew-type dog foods, beef broth, liver and chicken-flavored foods—all because they appeal to us. We buy all-meat products imagining that we are giving our dogs the best there is, when in fact a dog isn't exclusively a carnivore. Wild dogs existed primarily on the flesh of other animals, but that flesh included the contents of the preys' stomachs, including grasses and grains.

What can you do to guard against obesity in your dog? First, take a hard, objective look at him or, better yet, ask your veterinarian's opinion as to whether or not the dog is overweight. Your dog's excess fat can accumulate so gradually that you may simply not notice it. Most people don't notice their own excess pounds until their belts grow uncomfortably tight. Tables that show average weights for your dog's height, or even for his breed, may be deceptive because there are infinite variations in bone and body structure.

If your dog appears to be a little heavier than the ideal, try decreasing his food and increasing the amount of exercise he gets. Cut out snacks and extra meals—no adult dog needs more than one meal a day—and be sure that no one in your family or in the neighborhood is slipping him sandwich corners and cake leftovers on the side. If your schedule permits, try taking him for brisk walks or jogs every evening. You'll both benefit from the exercise.

Your veterinarian will give your dog a complete physical examination to determine whether a glandular condition such as hypothyroidism, is contributing to the overweight problem. If the veterinarian finds no glandular disfunction, he will establish an ideal weight for your dog and then prescribe a diet which will safely reduce weight without sacrificing sound nutrition. After that, it's up to you. *No diet will be effective unless it is adhered to.* The entire family must cooperate.

The type of food you feed your dog can have a very definite effect on how much weight he gains or loses. Canned and semimoist foods contain more calories per *volume* than dry foods. And meal-type dry foods have more calories per volume than kibbled (crushed biscuit) foods. So, if your dog has been filling himself on a can of dog food, replace his ration with an equal *amount* of dry food; use one of the old, empty cans as a measure just to be sure you're being fair. When he finishes eating, his stomach will be just as full, but he won't have taken in as many calories.

Don't make excuses by saying, "But my dog won't eat that type of food." He will if he gets hungry enough. And he'll get hungry enough long before he's in danger of starving. In fact, his not liking a particular meal may be a good reason for that food to become his regular ration. He'll eat enough to stay fit and won't be tempted into gluttony.

Exercise is essential. Retrieving tossed sticks is excellent exercise for the dog, and minimum exertion for the thrower. But bear in mind that your dog would have to run a long way to burn up the calories in the peanut butter sandwich your youngster shared with him.

If your dog is a professional beggar and you can't resist him, give him a low-calorie or no-calorie treat such as a rawhide chew stick.

Never give your dog weight-reducing tablets designed for humans. These pills often contain amphetamines or other stimulants that can have dangerous side effects for dogs.

Weigh your dog at the outset of his reducing program, and every few weeks thereafter. There probably will be little noticeable weight loss for the first few weeks, while the fat cells in the body are gradually being replaced with water. After three weeks, however, weight loss should become evident. It takes most dogs at least two months to attain their correct weight.

The easiest way to weigh a medium-to-large dog is to hold him in your arms while you stand on your bathroom scale, then subtract your weight from the total weight. This act might inspire you to join him in his reducing program. ■

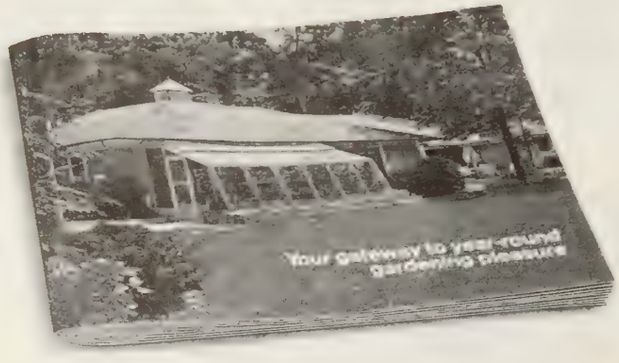

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South Sea Salad





Photographs: Die

What do you get when you add a culinary flair to the creative talent of an art director? Smashing success—and George Charlsen's South Sea Salad provides the evidence. His friends in Wichita, Kansas, enjoy this masterpiece along with a meat main dish, usually fondue, or for lunch with assorted cheese and crackers. According to his wife Nadine, George's repertoire also includes a wine-marinated fresh-fruit cup and several other adventuresome salad dressings.

SOUTH SEA SALAD

George suggests making the dressing well ahead of serving time, then refrigerating it to blend the flavors—

½ cup mayonnaise or salad dressing
½ cup dairy sour cream
¼ cup dill pickle juice
½ avocado, peeled, seeded, and mashed
1 tablespoon snipped parsley
2 teaspoons snipped chives
1 teaspoon dried dillweed

• • •

1 bunch red-tipped leaf lettuce, torn (6 cups)
1 11-ounce can mandarin oranges, chilled and drained
1 cup fresh mushrooms, sliced
1 small onion, sliced and separated into rings
1 green pepper, sliced in rings with seeds and membran removed
½ avocado, peeled, seeded, and sliced

To make dressing: Combine t mayonnaise, the sour cream, d pickle juice, the mashed avoc do, the parsley, chives, and di weed. Cover and refrigera Place lettuce in large salad bo Arrange the mandarin orang mushrooms, onion, green pepp and sliced avocado attractive atop lettuce. Toss the salad wi desired amount of chilled dre ing just before serving. Makes to 6 servings.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. No food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become property of Meredith Corporation.



WIN A SMASHING 7-DAY HAWAIIAN TENNIS HOLIDAY FOR TWO!

Enter the CALIFORNIA PRUNE HEALTHSTAKES

GRAND PRIZE: 7-Day Hawaiian Tennis Holiday for two (family or friend) includes: Accommodations at the Royal Lahaina Hotel in Maui, Hawaii; air transportation; meals; sightseeing and three hours of daily instruction at the internationally-known John Gardiner's Tennis Ranch.

50 SECOND PRIZES:
Spalding "Smasher III" aluminum tennis rackets complete with handsome "Smasher III" covers.



100 THIRD PRIZES:
World famous Adidas Tennis Shoes in choice of men's "Haillet" or women's "Monte Carlo" style.



Here's your chance to get actively engaged in one of America's fastest-growing sports at one of John Gardiner's internationally-known Tennis Ranches . . . and enjoy a 7-day Hawaiian Holiday while you do. But don't forget to take along the "funny fruit that does so much for you." California Prunes and Prune Juice are nature's own compact health kit. Pound for pound, prunes have 8 times the Vitamin A of the leading fresh fruit . . . and more iron, niacin and Vitamin B_2 than the five leading fresh fruits. They're also a great natural source of quick energy. So make your serve. Check official rules. Send your entry today.

CALIFORNIA PRUNES, the funny fruit that does so much for you.



CALIFORNIA PRUNE HEALTHSTAKES OFFICIAL RULES

1. On an official entry blank or a plain 3" x 5" piece of paper print your name and address and mail to: California Prune Healthstakes, P.O. Box 51, Brooklyn, New York 11202. Each entry must be accompanied by a label from a container of any brand of California Prunes or Prune Juice —or the name "California Prunes" printed in plain block letters on a plain piece of paper.

2. Enter as often as you wish; however, each entry must be mailed separately. Entry must be postmarked no later than April 17, 1974 and received no later than April 30, 1974.

3. Winners will be determined in random drawings conducted under the supervision of Marden-Kane, Inc., an independent organization whose decisions are final.

4. Winners will be notified by mail. No substitutions for prizes as offered. All prizes will be awarded. Liability for Federal, State or other taxes is winner's sole responsibility.

5. Associates (and their families) of California Prune Advisory Board, their advertising agencies and Marden-Kane, Inc. are not eligible. Void in Washington, Idaho, Missouri, and wherever prohibited or restricted by law.

NO PURCHASE REQUIRED!

OFFICIAL ENTRY BLANK

Dear Funny Fruit:

Please enter me in the California Prune Healthstakes. I'm enclosing a label from a container of California Prunes or Prune Juice or the name "California Prunes" printed in plain block letters on a plain piece of paper.

Mail entry to: California Prune Healthstakes
P.O. Box 51, Brooklyn, New York 11202

(Please Print)

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

14 HARMFUL MYTHS ABOUT HEART DISEASE



The statistics are frightening, the outlook gloomy. An average of 1,400 Americans struck down daily by heart disease. Incidence on the upswing. No miracle cures in sight. Causes in question. Add contradictory findings, unproven theories, and some conflicting opinions—and heart disease takes on the earmarks of a relentless killer against which there is no defense. But a powerful defense does, in fact, exist. It's known as knowledge.

Scientists and researchers do, of course, constantly gather and disseminate new information about heart disease as one means of reducing its terrible toll. But they can't do the job alone; they need the cooperation of the public. And that includes everyone who hopes to prevent heart disease as well as those who already have it.

Misunderstandings, misinformation, and half-truths such as those that follow are allies of heart disease, since they foster neglect and needless anxiety. Banish them, and you take a significant first step toward brightening the picture.

1. Exercise can damage your heart.

No. The human heart is equipped to carry a heavier workload than you'd imagine, and unquestionably a far greater one than sedentary living demands. For that reason, exercise has beneficial effects, even though it adds to the heart's burden.

During exercise, the blood vessels in the muscles enlarge, allowing nourishing oxygen-carrying blood to course more freely to the heart. The heart, then, is furnished with the energy to work harder than when the body was at rest. And the benefits of regular, moderate exercise are cumulative and lasting, with but one proviso: that it be undertaken only within the bounds of commonsense caution and the individual's known state of health and physical capacity.

Sudden, unaccustomed exertion can be very dangerous to the heart, and probably explains why apparently healthy persons have been known to suffer a heart attack while shoveling snow, chasing a bus, and the like. Unfortunately, reports of such incidents help perpetuate the myth that exercise can damage the heart.

2. An enlarged heart is always dangerous.

The heart, being composed of muscular tissue, reacts to physical activity much the same as any other muscle of the body, that is, it grows more muscular and larger with vigorous use. Needless to say, there is potential strength, not danger, in a well-developed heart.

True, enlarging the heart also is nature's way of compensating for heart valve defects or other disorders that may impair its performance. But unless the enlarged heart really balloons (or dilates), and remains dilated, the enlargement is regarded more as a symptom of another problem than as a danger in itself. If the underlying problem is alleviated or corrected—as it can be in the case of high blood pressure, for example—the enlarged heart tends to return to a more normal size.

3. High blood pressure is caused by an ailing heart.

The reverse is true. The end result of uncontrolled, abnormally high blood pressure may be an ailing heart.

The term *blood pressure* refers to the amount of force required to move blood through the circulatory system, and it goes up and down—up as the heart beats, down between beats—within a limited range. The range, expressed in two sets of numbers, such as 120/80, is a measure of the resistance the flow of blood encounters in the arteries. Narrowed, clogged, or rigid arteries present more than normal resistance, and the heart responds by pumping harder. Taxed in this way for any length of time, the heart may weaken and lose its efficiency.

4. Too much sexual activity can be bad for the heart.

Authorities are firm in stating that no healthy heart was ever harmed by sexual activity. In fact, they tend to look upon it in the same light as exercise, with all its inherent benefits. When a heart attack occurs during sexual intercourse, the circumstances surrounding the act, rather than the act itself, become suspect.

If, for example, the condition of a person's heart has deteriorated to the point where an attack is imminent, it could occur during the act of intercourse as well as during any other physical exertion. Or, as a study of a number of such cases recently revealed, seven out of ten occurred during extramarital relations, suggesting that a backdrop of unfavorable conditions like guilt-induced emotional stress and anxiety—compounded, perhaps, by too much food and drink—may prove to be a threat to a heart unequal to the challenge.

5. Cholesterol is the primary cause of heart attacks.

Medical research has shown that cholesterol, the fatty substance that clings to the walls of arteries, plays a role in heart disease. Yet this fact, while enlightening, has also raised many as yet unanswered questions.

Could it be that the walls of the arteries are at fault and attract deposits of cholesterol? Do deposits form because of diets high in animal-fat foods? Or because the body manufactures too much cholesterol from any food? Does a high level of cholesterol indicate the blood is unable to utilize cholesterol properly? Or to dispose of it? Will a radical changeover in diet definitely reduce the risk in healthy persons? Or will it render them more vulnerable to other diseases? Why do some persons with a normal cholesterol level suffer heart attacks?

No one can say for sure, and until a great more is learned, or conclusive evidence uncovered to that effect, a high cholesterol level clearly cannot be pinpointed as the sole cause of heart attacks.

6. Skipped heart beats and palpitations are sure signs of heart disease.

Though there are certainly instances in which skipped heart beats and palpitations signal heart diseases, they are more commonly symptomatic of sound hearts thrown off their regular rhythm by nervousness, anxiety, or stimulants. Dizziness, trembling, and excessive sighing can likewise fall into the category of heart "troubles" that are merely functional or stem from completely unrelated conditions, and therefore are not indicative of any actual heart disease. Deciding just what such symptoms do signify, however, is strictly a medical matter and should never, for safety's sake, be attempted through self-diagnosis.

7. A diagnosed heart murmur always indicates heart disease.

Not always. What doctors call a heart murmur is actually an alteration in the kind of sound the heart produces as it sends blood through its valves into the blood vessels. Whether or not the murmur indicates heart disease depends on the nature of the sound, where it is most clearly heard, and its relation to the heart's rhythm.

The important murmurs are the ones that develop because of damaged or defective valves. Most other murmurs or noises produced by the heart are considered to be functional and harmless. Functional murmurs are frequently found in children, who generally outgrow them, and are not uncommon in adults with perfectly healthy hearts, particularly after vigorous exercise.

8. Heart disease is inherited.

Except for certain inborn structural defects of the heart itself, heart disease cannot be directly related to your ancestry. Some families do seem to be especially vulnerable to what is called *acquired* heart disease, it's true,

continued





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continued

Heart disease

but authorities feel that this apparent family predisposition to heart disease that seems to be passed from one generation to another may be of little consequence—because other known factors that contribute to heart disease can now be effectively controlled.

Obesity is one of them. Emotional tension another. The threat is greater among diabetics. Smoking may put undue strain on the heart. High blood pressure tends to increase the risk. And diets high in cholesterol or other blood fats may be an important heart disease risk factor in a person with an inherited tendency to a high cholesterol level.

Obviously, attempting to reduce the risk by dealing with possible causative factors has more to offer in the way of prevention than adopting a negative view or stewing over some inborn characteristic that may or may not have any bearing on the problem.

9. Executives are prime targets for heart attacks.

It was believed for a time that the pressures commonly associated with top job responsibilities were enough to trigger heart attacks. Many recent studies have failed to prove it. In one study, bartenders, barbers, and physicians—in that order—turned out to be the most vulnerable to heart attacks. In another study, blue-collar workers of a nationwide company ranked at the top of the list of heart attack victims, well over supervisory personnel, and executives were at the lowest end. Summing up such evidence, authorities are now of the opinion that no particular line of work or position holds a monopoly.

10. People under 40 don't get heart disease.

Not so. Until recently, the most common heart ailment by far was a rheumatic heart, which comes from rheumatic fever that strikes, for the most part, in childhood. Chronic bacterial infection of the heart's inner lining is another disease that occurs fairly often in people between the ages of 15 and 35. Fortunately, with the recent decline in rheumatic fever and the availability of potent antibiotics today, these ailments are no longer a common contributor to heart disease problems.

Heart disease in the young also can come from an overactive thyroid gland, viral infections that strike directly at the heart muscle, and congenital defects. Rarer heart diseases that know no age boundary can be traced to parasitic invasion, the harmful effects of toxic substances, and disorders of glands other than the thyroid. Fortunately, prevention or correction of these heart problems is possible in a substantial number of cases.

11. Women seldom have heart trouble.

Young women in general show far greater resistance to heart disease, particularly coronary heart disease, than do young men. While not claiming to understand it fully, authorities theorize that the difference is due to several factors. Women have a protective supply of the female sex hormone estrogen, they tend to eat less, and—if they run a household and care for children—they are more physically active than their male counterparts.

The situation begins to change for people in their 40s, however; the male-female difference in vulnerability becomes progressively less marked as time goes on. In the later years of life, the male—compared to his female counterpart—still retains a two-to-one vulnerability to heart attack, but it appears the difference has been narrowing in recent years.

12. It's dangerous for women with heart ailments to bear children.

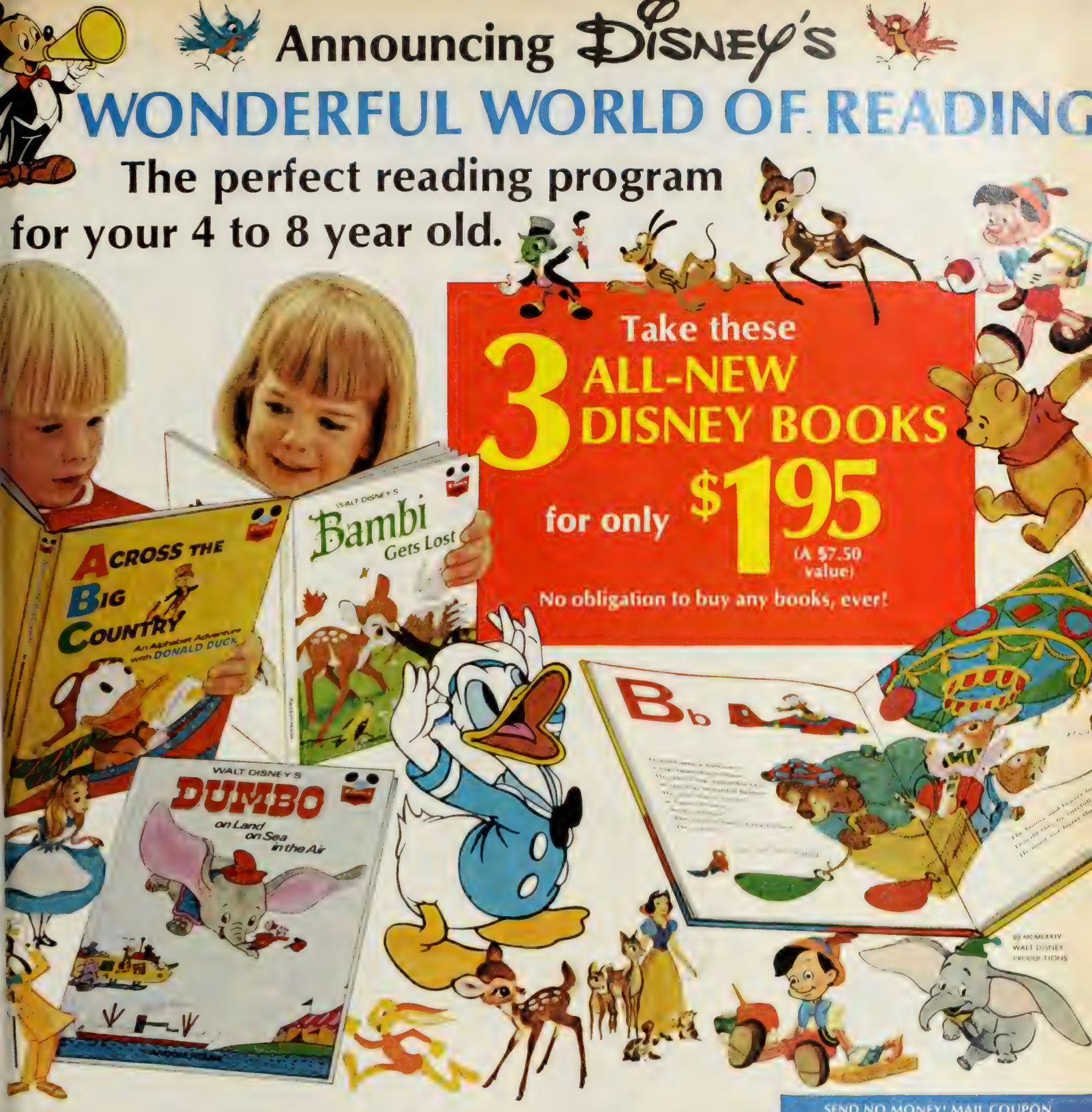
In some cases, it is. But in most cases, motherhood need not be automatically ruled out for women with heart disease. To be on the safe side, however, anyone with a history of heart disease should consult a physician before a planned pregnancy becomes a reality.

Pregnancy and childbirth do, of course, place an added burden on the heart and, if it is not in tip-top shape, extra care may be in order. Under close medical supervision—which might include a planned program of rest and activity, a special diet, or medication—the necessary extra care can be provided.

continued

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continued

Heart disease

13. Most heart attacks ar
Most heart attacks—e
range from 60 to 80 pe
are *not* fatal. To begin wi
attacks are not really sud
develop gradually as c
arteries increasingly harde
row, or become clogged
process takes place, howe
body attempts to forestall
effects by preparing an a
system, called *collateral*
tion, in which nearby blo
sels widen or small new o
so that blood can be sent
the affected artery to the
heart muscle. If a hear
does strike, the system ca
an uninterrupted supply
sustaining blood, as well
the damage inflicted on t

Some helpful outsid
ences are also at work. O
intensive, round-the-clo
pital care now given hea
victims. A second is publi
ness that immediate me
tention is urgent. And
basic and indispensable
to fatalities is unfailing
tion of the symptoms, t
usual of which are desc
the American Heart Ass
as follows:

- prolonged, heavy pres
squeezing pain in the c
the chest, behind the bre
- pain spreading to the s
arm, neck, or jaw
- pain or discomfort o
companied by sweating
- nausea, vomiting, an
ness of breath

Frequently, these sy
subside completely—and
cur. Don't delay. Get
hospital emergency room

14. Victims of heart disea
lead a sedentary life.
One point on which ex
agree is that exceedin
heart disease sufferers are
ly incapacitated that th
vegetate. Overall, those v
sue a life as nearly norma
sible can expect to fare
both physically and m
than those who resign the
to invalidism.

The fact is that most vi
heart disease can—and
the advice of their docto
work, bear and raise c
keep physically fit by ex
enjoy sex, and make activ
leisure time. In short, the
more obliged to lead a co
ly sedentary life than
else is. ■

*(Written in cooperatio
Lilian Rothman, a noted
writer.)*

If Colgate is just a kid's cavity fighter, how come Gwen Verdon won't brush with anything else?

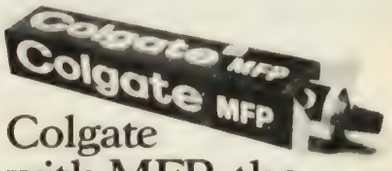


The *Sweet Charity* of Gwen Verdon is well known to many people. For even while starring in Broadway hits from *Damn Yankees* to *Redhead,* Gwen's life has been people. Teaching. Working with the under-privileged. Giving. That's what Gwen Verdon is all about.

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If you like people, be sure you brush with Colgate. Gwen Verdon wouldn't think of brushing with anything else.

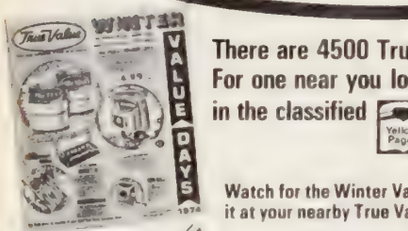


Colgate with MFP...the breath-freshening cavity fighter.

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Plywood-formica blade, "PY" . . . **2.15**

SKIL Compact R

C Lightweight, compact. Does tive edging cuts, wood joints. lock for easy bit change. ⅓ hp rpm. With eye shield, and wrench. 548 **26**



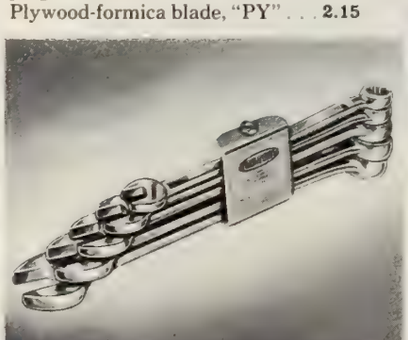
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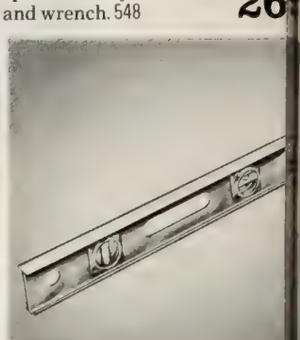
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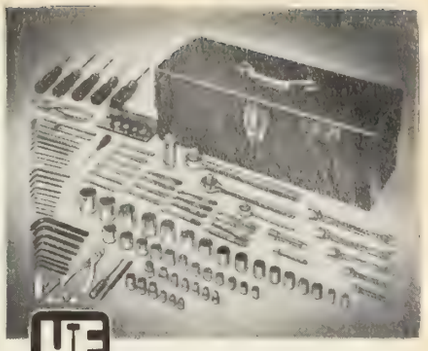
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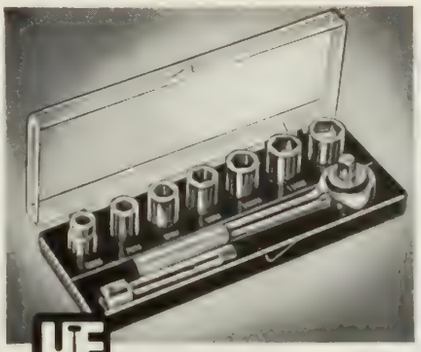
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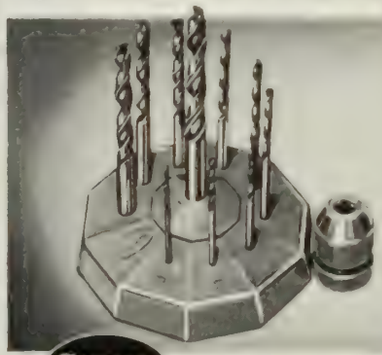
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By Stephen Mead

HOW TO GET YOUR FIRST PERSONALIZED HOUSE

No, it's not an impossible dream. In spite of the many challenges facing you, it's still possible to build a home that's personalized to your family's needs, habits, *and budget*. The formula: large amounts of planning, shopping, sacrificing, comparing, and persevering.

On the next several pages, we show how four families applied this basic formula four completely different ways to get the homes they wanted. The result: *personalization at their prices.*



PERSONALIZED: BY ADDING SPACE

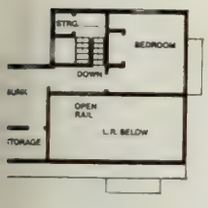
The "average" house on the market was the last thing Joanne and Dick Cain wanted. And yet, they assumed that just about any other route to a new home would be out of their price range. Then they made a tour through a panelized house owned by a builder in their area (Bridgewater, Massachusetts). That quickly revived their hopes of getting good design and personal tailoring—at their price.

The builder helped them customize the basic plan to their individual needs. For starters, they added four feet to the length of the house, enlarging both bedrooms and the living room. Expansion of the living room opened up enough bonus wall space to accommodate a new sliding glass door leading to an enlarged deck. The kitchen sink was relocated, and a small wall next to it was removed to unite the kitchen and living areas.

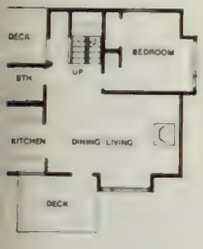
Upstairs, the Cains added a "bump-out" closet in the wall between the bedroom and the open area above the living room. This not only freed more floor space in the bedroom, but also introduced an attractive overhang above the sofa. The full partitions flanking the closet were reduced to partial walls to get an open balcony feeling.

For the time being, the Cains' three daughters share the upstairs bedroom. But their dad's next do-it-yourself project will be to build a big bunk room and an adjoining playroom for them in the unfinished basement. When the girls move into their new basement quarters, the upstairs bedroom will be converted to a guest room/study.

The Cains were delighted with the dramatic effects they were able to achieve with even minor changes in the basic plan. And they were impressed by the great flexibility that's possible with a panelized system. Indeed, they were convinced it was the only way to go.



UPPER LEVEL



LOWER LEVEL

BEFORE



UPPER LEVEL



LOWER LEVEL

AFTER

Buying information, page 121

Photographs: Harry Hartman. Builder: Acorn Structures









Photographs: Fred Lyon. Architect: Fred Kaeren. Source: Helen Heatkamp







PERSONALIZED: BY MOVING WALLS

When Charles and Birdie Liss first considered a tract house in San Francisco, they fully expected to sacrifice a good floor plan and considerable charm for a lower price tag. But their builder was one of a growing number of developers who let their customers move walls and rearrange traffic patterns—at no cost—before construction begins.

There were some restrictions, of course. The Lisses couldn't change the exterior, except for substituting a patio for a rear deck. And they had to pay extra, about $700, to double the kitchen storage and add new counter surfaces. But most of the improvements didn't cost a penny, yet gave personality and workability to an otherwise standard tract house.

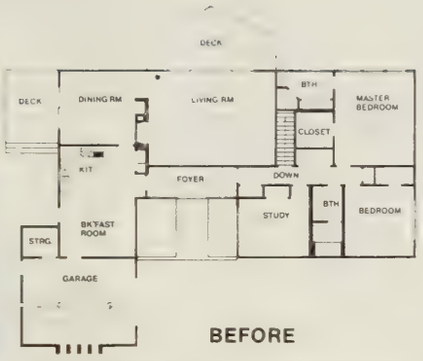
The "before" and "after" plans show the many changes the Lisses made. The entry hall was the most dramatic transformation. One wide hallway, now called a gallery, replaced two narrow corridors. (To do this, the Lisses simply relocated the core area by shifting the laundry equipment to the garage and moving the linen storage and furnace to the outer edge of the hallway.) They converted the front bedroom to a den, reorienting the closet to serve the next bedroom and adding a full wall of cabinet storage and bookshelves. Both baths were reduced to make room for linen storage. Pocket doors compartmentalized the bathrooms.

A five-foot doorway opened up the kitchen/breakfast room area, merging it with the spacious gallery. Those extra-cost features in the kitchen include a planning desk, flanked by a pantry and broom closet, and an extra bank of cabinets and counter (see plan).

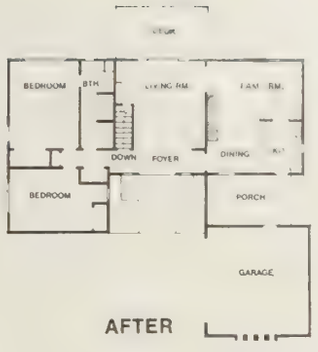
Thanks to careful preplanning, the Lisses turned a standard tract house into a near-custom design at a near-tract price.

Photographs: Hedrich-Blessing





BEFORE



AFTER

Better Homes and Gardens House Plan 3709-A. To order, see page 120.

Buying information, page 121





PERSONALIZED: BY REWORKING THE PLAN

Jack and Betty Rupp of Lancaster, Ohio, fell in love with a house we featured in our September, 1967 issue. Its exterior lines made them feel right at home, and the floor plan seemed to be geared to their living habits.

After four years of searching for a lot, they finally settled on a rolling, wooded site west of the city. But before they could build, they had to overcome two stumbling blocks: the overall square footage of the original house drove the total cost well above budget, and the position of the garage was awkward for their lot.

The garage problem was solved simply by "flopping" the plan. Space cutting, however, wasn't as easy. The Rupps spent many hours reworking the plans, ultimately moving the third bedroom to the basement, displacing the formal dining room with a family room, and condensing all other areas.

Was the building experience a success? Mrs. Rupp sums it up this way: "We think all of our effort has paid off. Now we have *our* house, and that was our goal from the very beginning."









Better Homes and Gardens House Plan 4402-A. To order, see page 120.

Buying information, page 121

Photographs: Fred Lyon. Architect: Michael Siegel













PERSONALIZED: ALL THE WAY

Sitting down with an architect and designing your own home—room by room—is considered by many to be the ultimate way to personalize. Others think it's the ultimate in cost, too. But that's not necessarily true, as Larry and G. G. Green learned. They built a custom-designed home near San Francisco that suited their way of living to a tee. And their costs were in line with those of other building options.

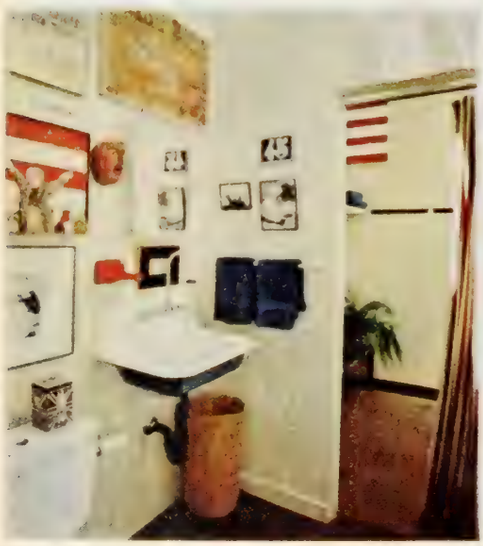
The L-shaped, shed-roof structure consists of a living wing and a "bunkhouse," connected by a glassed breezeway. A mammoth deck lining the inside of the "L" serves both as a kids' play area and as expansion space for large parties. Custom barn-type doors along the inner wall of the living wing completely open up the living area for indoor/outdoor activities.

On the inside, every room and every object reflects the informal life-style of the Green family. The kitchen, dining, and living areas share a 40-foot expanse that serves as the hub for such family activities as cooking, eating, entertaining, and relaxing. A 20-foot seating unit along one wall in the living area comfortably accommodates ten guests. The hinged top lifts for handy storage of bedding and other essentials.

The kitchen area—like most of the house—features very little that's standard or typical. The Greens gave it a casual, utilitarian look—industrial-type windows and lights, a massive commercial stove, canvas shades, and quarry tile. Open shelving and storage baskets evidence the Greens' theory that dishes and cooking equipment should be seen, not hidden. Lots of personal touches—most of them special storage devices designed by Larry Green—contribute to the one-of-a-kind decor.

The kids' bedrooms in the "bunkhouse"







PERSONALIZED: ALL THE WAY

are small, to be sure, but the space is used very efficiently. Five-year-old Elizabeth has her choice of three bunks in her room. (The shed roof allows plenty of ceiling height.) Her three-year-old sister, Millicent, has only one bunk in her room for the time being, but a second one is scheduled for the loft when she's older. More important to her right now are the storage cubes along one wall and the plastic bins under her bed to hold her dolls, games, books, and treasures. The bunks in both rooms are foam pads resting on plywood. The children's bathroom is Spartan and uncluttered. A stock industrial sink provides plenty of room for before-dinner scrubbings. Behind the bathroom is a large, walk-in shower that gets lots of use. Twin skylights brighten both the bathroom and shower areas.

The master bedroom is buffered from the "bunkhouse" by a breezeway. Neutral tones in the bedroom let the Greens alternate a variety of bright, patterned bedspreads. Note the interesting effect of tieback draperies over industrial-type windows. Clothes closets are on both sides of the entrance to the bath area.



Buying information, page 121













The master bath—with its luxurious sunken tub—is the one room where thrift didn't prevail. The Greens, having shaved costs throughout the house, decided to indulge themselves in a lavish master bath that a movie mogul might envy. (The heavy Mexican tiles lining the tub made the trip from Tijuana to San Francisco stacked in neat little piles distributed throughout the interior of the Greens' compact station wagon.)

From one end of the home to the other, literally dozens of personal touches reflect the Greens' outlook and interests. Their home is truly personalized . . . all the way.



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begins on page 2

Who grows your food?

barely more than 2.7 million today.

Two million of those remaining, however, are so small that they collectively account for less than one-fifth of our total farm production. They are operated primarily by part-time farmers who earn most of their income from off-farm jobs.

In contrast, only about 700,000 farms provide more than four-fifths of our food. These constitute what is loosely referred to as commercial agriculture. They are farms with gross annual sales of $20,000 or more.

The trend toward fewer but bigger farms is particularly pronounced in the livestock industry. Only 700 cattle feedlots—out of 155,000—provide more than half the fed beef in this country, and fewer than 20 firms control the production of more than half our chicken meat.

Because of their management ability and better access to large sums of capital for mechanization, today's large-scale farmers are generally more productive. They are able to produce more food per acre of land and hour of labor—the keys to keeping pace with our nation's growing demand for groceries.

Contrary to popular belief, American agriculture is not being swallowed up by huge corporations and sprawling conglomerates. Even among very large farms—those with annual sales of $100,000 or more—only 15 percent are corporations. And nine-tenths of these have ten or fewer shareholders, indicating they are mainly family-owned farms which have incorporated for estate transfer reasons. Overall, corporations with more than ten shareholders operate fewer than one-half of one percent of the farms in the U.S., and account for less than three percent of total farm production. They are principally farms specializing in large-scale livestock and poultry production and in the growing of fruits and vegetables.

Thus, if Americans are to remain the world's best fed people, it will be largely through our system of modern, well-managed, highly mechanized family farms. The past record of our family farms provides encouragement for the future:

Twenty years ago it required two acres of land to provide enough food for one American. Today, despite a nine percent increase in the quantity of food consumed per person, it requires less than *one* acre of our lan

Total farm production in t U.S. during the past 20 years h increased by more than 50 pe cent while the acreage of cro land harvested has declined 15 percent and the use of far labor has decreased by an ama ing 60 percent.

What the farmer of today using *more* of is know-how a capital. He is likely to rent portion of his land, hire the ext labor he needs, and possibly ev lease some of his machinery. described by one economist, t day's farmer is an "assembler resources." He can discuss a ca flow analysis or a least-cost cur with the same ease that he tal of a crop rotation or a feedi formula.

The most notable change farming is the sharply increas use of machinery and chemica Modern tractors, combines, a picker-shellers do in hours jo that once took days. Fertiliz usage has risen fivefold sin 1950, with the use of nitrog fertilizer up eightfold.

As good a job as the Americ farmer is doing, however, t crucial question for the future can he do even *better?* Enou better, specifically, to provide t one-fifth more food it's estimat will be needed a decade fro now.

Experts answer the questi with an emphatic *yes*. Moreove the Economic Research Servi of the U.S. Department of Ag culture predicts the needed percent production increase c be accomplished with fewer acr than are being farmed today- about 309 million acres co pared with this year's 324 millio

The production increase w come mainly from yield i creases: Wheat yields are predic ed to rise 20 percent by 198 soybeans up 26 percent, and fe grains up 35 percent.

Scientists contend that yie increases of this magnitude a readily achievable by wider u of already available know-ho This includes increased use fertilizer and weed-curbing cher icals, more plants to the ac higher yielding plant varieti and improved cropping and h vesting methods, to name only few examples.

Despite sensational yield i creases of recent years, still fu ther production hikes are pos ble without additional land new technology. Evidence is co tained in a recent governme study comparing 1972 avera crop yields with those achiev in the same year by the top t percent of the nation's farmers.

Average yield of corn in t U.S. was just under 97 bush per acre while the upper ten pe

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cent of corn farmers averaged half again more than that—143 bushels to the acre. Top producing soybean growers averaged 60 percent above the U.S. average, and the top cotton producers 83 percent higher than the national average.

Conclusion: If the prediction that we will need in the neighborhood of 20 percent more food by 1985 proves to be anywhere near accurate, American farmers can supply it with ease.

But what if present predictions *don't* prove accurate? What if the demand for food should happen to soar by, say, 40 or 50 percent, instead of the anticipated 20 percent? Experts are quick to point out that this could, indeed, readily happen if worldwide demand for food rises more sharply than expected.

It should still pose no problem, according to economists who have recently completed looking into just such a possibility. In a study of the productive capacity of American agriculture, it is estimated that with higher yields and the return of additional land to production, corn output by the mid-1980s could be increased from the present 5.8 billion bushels to 9.0 billion bushels, and soybeans could be increased from 1.6 billion to 2.3 billion bushels.

Even these levels, the study concludes, "stop well short of the maximum physical potential that could result from an all-out national effort under emergency conditions."

Indeed, the quantities of food the U.S. is capable of producing—if it had to—stagger the imagination. In addition to 324 million acres now being used to produce crops, a government tabulation counts 264 million acres not being used for cropland. A large portion of this could be converted to crop use, says the study.

Scientific breakthroughs still in the research stage will likewise provide farmers with new ways to increase production. Hybrid varieties being developed for wheat, barley, and soybeans could boost yields by up to 25 percent within ten years, it's estimated by experts.

Also under way is research to achieve multiple births—called "twinning"—in beef cattle. At present, 100 cows produce an average of around 85 calves each year. But with more multiple births, the number of calves could be increased to, say, 150 a year—substantially expanding our beef supply.

Despite these and other signs that all is well and will remain well in the supply sector of our food system, all is *not* well. For one thing, our *ability* to produce an abundance of food is no guarantee that there will always *be* an abundance of food when it's needed. Last year was a case in point.

Some way must clearly be found to establish and maintain adequate *reserves* of essential foods. It was an inadequate reserve supply during a season of generally poor crops that was largely responsible for triggering last year's sudden shortages. And it could happen again at any time!

There is no easy answer to the problem of reserves. Who, for example, should carry them? The U.S. government (which means U.S. taxpayers)? Or should those nations which are most likely to need our food help shoulder the cost of maintaining ample stocks?

Further, how can reserves be effectively isolated from the marketplace so that their existence does not unduly depress prices received by farmers. Were this to happen, and if farmers cut back on production as a result, reserves could end up being a *cause* of shortages.

Closely related to the question of reserves is the question of to what extent Americans are willing to endure the effects of food shortages at home in order to alleviate shortages elsewhere in the world. Should we—or should we not—set some limits on the portion of our own supply that we are willing to export?

Still another problem, to be very blunt, is the assumption held by too many Americans that cheap food is a national birthright. If only one thing was learned from the lessons of last year, it should be that the ability of farmers to produce food in abundance must be coupled with an adequate *incentive* for them to produce. And that incentive for today's American businessman farmer is, of course, *profitable* crops. That means we will have plenty of food well into the foreseeable future—*if* we are willing to pay for it. ■

Coming next month:

An examination of the complex system of markets through which commodities move in the first stage of their journey from farm to dinner table—with an insight into how prices are determined.



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In 3-quart saucepan, cook baco till crisp; drain on paper towe ing and crumble. Set aside. I same saucepan, blend togethe dry soup mix, water, beans, an vegetables. Heat to boiling; re duce heat. Simmer, covered, 1 to 15 minutes. Serve topped wit some crumbled bacon; pass re maining crumbled bacon an grated parmesan cheese. Make 5 or 6 servings.



Photographs: Dieter

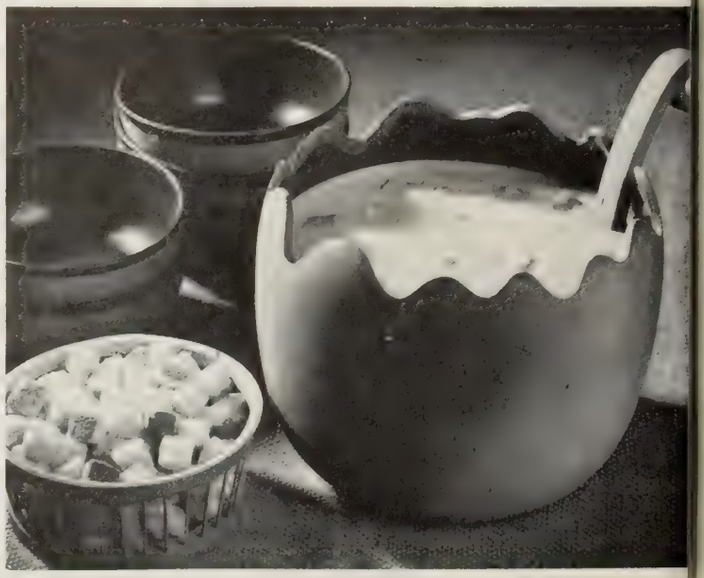
Buying information, page 1

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2 medium potatoes, pared and cubed (2 cups)
½ cup boiling water
1 cup chopped onion
3 tablespoons butter or margarine
3 tablespoons all-purpose flour
Dash pepper
3 cups milk
1½ cups chopped fully cooked ham
1½ cups (6 ounces) shredded sharp process American cheese

Cook cubed potatoes in the boi ing water till tender, about 1 minutes. Drain, reserving liqui Add enough water to reserve liquid to make 1 cup. In sauc pan, cook onion in butter or ma garine till tender but not brow Blend in flour and pepper. Ad milk and potato water all at onc Cook and stir till mixture thic ens and bubbles. Add choppe ham and shredded sharp proce American cheese; stir to me cheese. Ladle into soup bow Serve with toasted croutons, desired. Makes 8 servings.



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inued from page 11

xpert answers common x problems

use?
es. An employee may deduct nses applicable to space set e in his home that he uses larly in connection with his k. However, it is the IRS view he must be able to show that s required as a condition of employment to provide his space and facilities for the ormance of his duties.

ild care expenses

've decided to go back to k, and I'll have to get some- to take care of my child. the purposes of the child care uction, will it make any dif- nce whether I pay a baby- to come into my home or my child to a day care cen-

es. The maximum deduction child care services within home is $400 a month. ever, for child care services de your household, the maxi- monthly deduction is limit- $200 a month for one child. for two children, or $400 ree or more children. (Note: may collect full benefits on care costs only if your ehold income is $18,000 or For every dollar income e $18,000, your deductions educed by 50 cents.)

ecause my husband and I work, we have a maid come clean and to be there when child comes home from ol. Can we deduct the maid's y as a child care expense?

ou can deduct expenses for ary and usual household es if they are employment- d and if you meet the other rements for this deduction.

pay my sister $10 a week to care of my child while I go rk. Are these payments to eductible?

o. Any payments made to ves or dependent household bers may not be included in uting the child care deduc- Such persons would include: en, stepchildren, brothers sters, stepbrothers or step- s, parents, stepparents, neph- or nieces, aunts or uncles, n-laws.

the cost of sending my child rsery school while I go to considered a deductible care expense?

es. Expenses for nursery l or day care for preschool dent children may be de- d (subject to certain limita- if they are paid to enable you to be gainfully employed.

Getting your refund

Q) How soon will I get my refund from the government?
A) If your return is complete and accurate, you should have your refund within four to five weeks if you file in January, but up to eight weeks if you file later. Just to be sure, wait ten weeks from the date of filing before contacting the IRS. This allows time for them to contact you in case there are errors in the return, such as math mistakes or missing social security numbers, W-2 forms, or schedules.
Q) What checks can I make before filing my return to avoid errors and get my refund faster?
A) Before mailing your return: 1.) Recheck all your mathematical computations. 2.) Be sure you used the correct tax table or tax rate schedule. 3.) Attach the peel-off label that came on the cover of your tax package. If you don't have the label, print name, address, and social security number in the spaces at the top of the front of Form 1040 or Form 1040A. 4.) Make sure your return is signed and dated; remember that both husband and wife must sign joint returns. 5.) Be certain all W-2s and supporting documents are attached.

Delaying the filing date

Q) How do I get an extension of time to file?
A) Complete Form 4868 and send it to the IRS along with payment of tax that you estimate you'll owe for the year. This form must be filed with the IRS Service Center on or before the due date of your income tax return, and a duplicate must be attached to your return when you file. Incidentally, there are penalties if you underestimate the tax. If you can't make the required payment or if you need a further extension, and you have valid grounds for an extension, file Form 2688.
Q) I still haven't gotten my W-2 form. Can I delay filing until I get it?
A) No. You must file on time, or file for an extension. Your employer is required by law to furnish his employees' W-2 forms by the end of January. If you cannot get your form from him, go ahead and file anyway. Simply report all of your income on your return and attach a statement explaining how you computed any tax withheld for which you claim credit, but for which you have no Form W-2. After you have filed your return, if you receive a Form W-2 for income that you did not include in your return, or if you find your estimates of income and withholding tax were incorrect, file an amended return. Form 1040X. ■





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The heat transfer intensifies the brilliance of the colors. Applied on light colored synthetics, the colors remain bright after repeated machine washing. The transfer also can be used on natural fibers (cotton, wool, silk) but the appliqué will fade when laundered.

Crayola Craft Fabric Crayon Kit, $4, in hobby, craft, and toy departments. Binney & Smith Inc., 380 Madison Ave., New York, N.Y. 10017.



Play Pachinko, the Japanese version of the pinball machine, right in your own home. These machines are factory-reconditioned units taken out of Pachinko Arcades in Tokyo when new models were installed.

Unlike a pinball machine, a pachinko machine stands upright. And, instead of five or six balls, there are literally hundreds to play with. The payoff is not points scored, but more balls to run through the machine. With a little luck and a lot of skill you can drop the ball into a payoff pocket. When that happens, bells ring and balls rattle and clang. These celebratory sounds give the game its name—"pachinko."

Pachinko, $39.95. Montgomery Ward.

continued



Paneling carved from the past.



Briarcliff—British Traditional styling. The look of finely grained panel insets framed by detailed inlay strips.



Presidio—The rich tradition of Spanish Mediterranean, with deep colorings and the look of hand-set wood inlays.

Introducing the hand-carved look of the past . . . The Historic Collection. Four new Masonite brand panelings that re-create the look and feel of classic hand-carved wood in durable Masonite hardboard. So deeply textured, they ask to be touched. So authentically detailed, they are reproduced down to chisel marks and pegs.

Like all Masonite brand panelings, The Historic Collection is more than just good looks. Designed for easy installation, these 4′ x 8′ panels are also very easy to afford.

Choose from four traditional designs . . . British Traditional, Spanish Mediterranean, French Provincial, or Early American. See the entire Historic Collection at your Masonite dealer. And see how the hand-carved look of the past can add to your home in the present.

The Historic™ Collection.

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MASONITE CORPORATION



You're Too Young To Look So Old

It can happen so easily. Your life is brimming over with family fun, a little travel with your man, rewarding community work, perhaps even a part-time job. Life is so fascinating you hardly notice your appearance. You feel vital and aglow, and you simply assume you look that way.

Not necessarily. Look at yourself closely, honestly, in the mirror, in bright morning light. Really, don't you look older than you wish? Probably older than you need to. But there's no reason to panic.



Women in many distant countries have faced this problem. Then, from Australia to Sweden and beyond, fortunate women uncovered the secret benefits of a unique beauty lotion, especially formulated by beauty researchers to help women look their youngest.

Join the lucky women who have long known the secret of this unique fluid, available in the United States as Oil of Olay beauty lotion. The precious fluid, with its wealth of natural moisture, tropical oils and other emollients, quickly penetrates the all-too-visible surface layer of your skin. Watch as dryness is eased away day by day, the very dryness that emphasizes wrinkles and those little lines that can make you look too old too soon.

Oil of Olay works as nature's partner, to maintain the delicate oil-moisture balance needed for a more youthful-looking complexion. The priceless blend helps retain your skin's own moisture, to keep you looking your youngest.

Oil of Olay, from your drugstore, is beautifully simple to use. In the morning, as a moist, non-greasy make up base that lets cosmetics stay fresh for hours. At night, to soften and silken skin as you sleep.

You're too young to look even one day older than you are. Especially since with Oil of Olay your complexion could so easily look younger than now.

Beauty Hints

Women who live a fast-paced life, often shower, then towel briskly. If this is your pattern, next time, pat yourself nearly dry, and apply Oil of Olay on your still-moist skin. Then ten minutes of feet-up rest. You can't help looking and feeling refreshed after such a relaxing routine.

* * *

When you're always on the go, try never to be without Oil of Olay®. You never know when it will be welcome in your now-here, now-there life.

GOOD NEWS

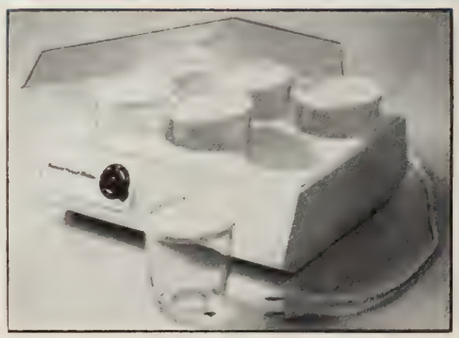




You can reduce the risks of nighttime biking with these reflective tires that glow in the dark. Their white sidewalls pick up and reflect even the faintest light.

In the top photo it's impossible to tell which of the six tires has reflective sidewalls; the bottom photo shows what happens at nightfall. The reflective material is the same as is used for reflective road signs; it will last as long as the tire.

Glowall Tires, $5.20-$6.28 in bike depts. The Goodyear Tire and Rubber Company, Suite 1218, 50 Rockefeller Plaza, New York, N.Y. 10020.



Make your own yogurt just the way your family likes it for only a few pennies more than the cost of milk. All you'll need is this compact kitchen appliance, milk, and a little "yogurt starter" (unflavored yogurt from the grocery store will do). After the first batch, save a small portion to use as a starter the next time, and your only cost is the milk used.

An exclusive automatic timer makes it easy to control texture. After about four to eight hours, you have a smooth, creamy treat. Longer processing time—up to ten hours—yields a firmer, tarter yogurt. Since the unit heats all of the eight-ounce glass jars equally, each portion comes out the same consistency. Just mix in your favorite fruit or other flavoring and refrigerate.

Natural Yogurt Maker NYM-2T, $19.95 in housewares depts. Electric Char-B-Que, Inc., 371 Essex Road, New Shrewsbury, N.J. 07753.

continued

"Who says we couldn't do it?"



Not Bassett. When it comes to redecorating we put our money on her. Which is why we suggest you put your money on Bassett.

Like this couple. It's a nice feeling to know that after 12 years of wedded bliss, you can afford to completely re-do the bedroom with those beautiful gently priced Bassett treasures.

And still have money left for Joan's braces and Mike's new bike. And a spanking new Bassett cocktail table for the living room.

Another nice thing about Bassett. Because people's styles vary, we have an endless variety of different kinds of furniture.

You have a choice of over 6000 different ways to be you. In tables. Bedding. Nursery, bedroom, dining room furniture. And upholstered pieces, with still another quality feature. Many fabrics are protected with Du Pont Zepel® soil/stain repeller.

No matter what your style, you can express it with Bassett. And no matter what your budget, you won't break it with Bassett.

Why the headboard, door dresser and mirror shown cost less than $500. The cocktail table a tender $130.

So if you're thinking of redecorating, why wait? At Bassett prices, you can afford to have a new furniture fling now.

Bassett

lets you show your style now.

For 40 pages of furniture-decorating ideas, send 50¢ to Idea Book, Dept. C24, Bassett, Virginia 24055



BAD NEWS FOR PEOPLE WHO DON'T SHINE COPPER WITH TWINKLE®.

Tests show, of all the leading copper cleaners in the United States, none gives a shine that lasts longer than Twinkle.

Know why? Twinkle contains Chronite (no other copper cleaner has it). It really holds back retarnishing. Repeat—it holds back retarnishing.

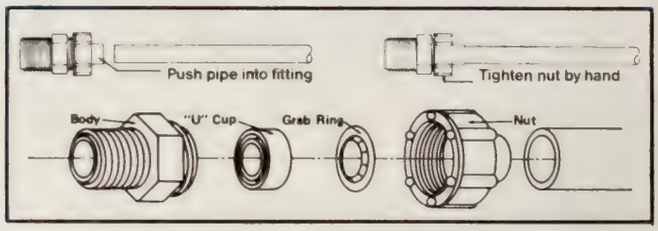
Isn't Twinkle the copper cleaner you've been dreaming about?

Should you throw out your present brand and get Twinkle right away? That's your decision. But if you've been using Twinkle all along, you know what a long lasting shine means.



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GOOD NEWS





A revolutionary fitting for do-it-yourself plumbers makes instant watertight connections between pipes without solder or solvent cement. To join two pieces of pipe, just push the pipe into a fitting and twist finger-tight.

The exploded drawing shows exactly how the device works: when the pipe is pushed into the fitting it slides snugly inside the "U" cup. Since the stainless steel grab ring slides only in one direction, the pipe cannot be withdrawn. The locking nut serves only to hold the grab ring against the fitting; that's why finger-tight is tight enough.

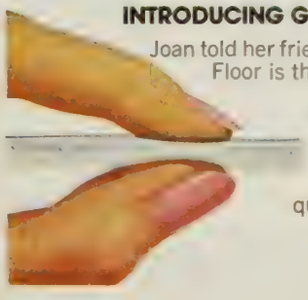
The fitting will withstand line pressures up to 350 pounds per square inch at 180 degrees. And the higher the pressure, the tighter the seal because the "U" cup fills with water and presses tighter and tighter against the pipe.

No special tools are needed to install faucets, hook up appliances, or run waterlines to any part of the house. The fittings work on just about any pipe you can buy: hard and soft copper, hot- and cold-water plastic—any pipe with a ⅜-, ½-, or ⅝-inch outside diameter. Threaded fittings are available to connect copper or plastic to galvanized pipe.

Click & Seal fittings, available in 43 types and sizes from about 60 cents in True Value and other hardware stores. Mobile International, Inc. 16291 W. Fourteen Mile Road, Birmingham, Michigan 48009.

When Cathy Cole and Peggy Burton saw Joan Emery's new floor, they couldn't believe their feet.





INTRODUCING G A F SOFSTEP VINYL FLOORS

Joan told her friends how much softer a GAF Sofstep™ Floor is than an ordinary vinyl floor.

They felt the difference. With their own two feet.

Sofstep is warm, quiet and comfortable. Thanks to deep foam cushioning, which makes it almost a quarter-inch thick.

And it never needs waxing. All it ever needs is an occasional light buffing to keep its natural shine and beauty.

It makes sense to consider a GAF Sofstep Floor. But don't just use your head. Use your feet.

For your nearest GAF dealer see the yellow pages. Or for further information, write GAF Floor Products Division, Dept. A24, Box 1121, Radio City Station, New York, N.Y. 10019.

gaf



The luxury car that isn't a luxury.

Datsun 610 for '74 combines the engineering sophistication and economy of an import with the luxury of a large car. Compact outside, the 610 has a family-sized interior with full carpeting, reclining bucket seats, tinted glass, clock and more, all standard equipment.

In motion, there's a big car ride with fully independent suspension on the Sedan and Hardtop. Performance is everything you want it to be... including Datsun's great fuel economy.

Datsun 610. A luxury economy car. An idea whose time has come!

Datsun Saves

INTERNATIONAL TRAVEL AT HOME

Even if your budget won't accommodate a trip to Europe this year, you and your family can reap some of the educational benefits of international travel for the cost of a cup of coffee. How? By inviting visitors from abroad into your home.

A number of hospitality organizations serve as matchmakers for foreign visitors and American families. Most are looking for volunteer hosts.

The only rub is that you may have trouble finding these organizations in your area, especially if you don't live in a big city. Manned primarily by volunteers, they frequently change phone numbers, personnel, and even names. Probably your best bet is to call your community's chamber of commerce and ask for the names and addresses of local organizations that arrange meetings between visitors from abroad and American families.

Americans at Home, set up by the United States Travel Service, is one of the groups your chamber of commerce may put you on to. If you offer yourself as a potential host, your future visitors could include anyone from an Italian automobile mechanic to a Hong Kong nurse. You aren't expected to host them for long periods of time or to knock yourself out by making elaborate preparations. The USTS suggests about a two-hour visit with simple refreshments.

COSERV is another possibility if there's an affiliate in your city. Formally known as the National Council for Community Services to International Visitors, it's actually a council for some 88 local organizations across the country that provide hospitality for foreign visitors, primarily those sponsored by the U.S. government, another government, or the U.N., or by various private groups. Recent sponsored guests have included a number of rising young journalists, a member of the West German parliament, a Hungarian husband-and-wife writing team who translated "The Forsyte Saga" into their native language, and a group of Japanese artists. Before a sponsored guest shows up at your door, your local COSERV organization has received his or her biographical sheet and will have given you basic information on your guest-to-be. Escort-interpreters accompany many visitors who speak only limited English.

If you have trouble finding out if there is a COSERV affiliate in your city, write to the national headquarters of COSERV, 1630 Crescent Place, N.W., Washington, D.C. 20009.

People-to-People International was formed by President Eisenhower, who described it as "a voluntary effort of private citizens to advance the cause of international peace." Volunteer hosts for People-to-People International usually invite foreign visitors to stay in their homes for from three to seven nights. You can even form your own People-to-People chapter in your area if ten or more people are interested. For further information, write the International Headquarters, People-to-People International, 2201 Grand Avenue, Kansas City, Missouri 64108.

Servas is an international organization of hosts and travelers in 50 countries. Founded in Denmark, its goal is to encourage international understanding by bringing people of different countries into closer contact. You can become either a Servas host or a traveler. Each traveler (prescreened by Servas) receives a list of participating hosts in the country he or she plans to visit. The traveler then contacts the host directly to arrange the stopover. Home-stays are usually for two days.

For further information, write to U.S. Servas Committee Inc., P.O. Box 790, Old Chelsea Station P.O., New York, New York 10011.

The Foreign Student Advisor at any university can give you the names of students who would enjoy an invitation to dinner.

A little apprehension is only to be expected if you've never attempted this sort of thing before, but opening your home to guests from overseas is much easier than you might think. Families that have frequently played hosts to foreign visitors have contributed to a list of "dos and don'ts" that will help you get along well with your own guests from abroad.

- Be yourself. Don't feel you have to provide elaborate entertainment or throw a big party. In fact, a party is probably the *worst* idea. You'll never really get to know your guest if there's a crowd and a lot of noise.

Mrs. Franklin Carroll, chairman of COSERV's Albuquerque Committee for International Visitors, says: "Foreign guests would rather have cornflakes and milk on a TV tray in your living room and see your children in their pajamas than be taken to the finest restaurant. What they are most interested in is how you live."

- Honor their dietary restrictions. Moslems are not permitted to eat pork or ham. For Hindus and Buddhists, the rule is no beef. Sometimes your guests may be strict vegetarians.

If you're hosting a sponsored visitor, check the biographical data sheet, which will list any food taboos. When in doubt about what to serve for dinner, there's an easy out. Ask your guests what American foods they'd most like to try. Or you can serve a variety of foods—cheeses, vegetables, and fruits, as well as a meat course. This permits your guest to detour tactfully around any personal food restrictions.

- Consider including your foreign company in your regular activities if you can, rather than changing your plans. If you were planning to go to a drive-in hamburger stand, a P.T.A. meeting, or a football game, take them along. These may be totally new experiences for your guests.

Your visitors may even contribute some surprises of their own. Mrs. Kay Lazarus of New York once took a visiting French girl to her son's nursery school. The girl performed a French puppet show for a delighted audience.

- Watch out for slang and colloquialisms. Your teen-agers understand "out of sight" but your foreign guests probably won't. Try to avoid American slang and phrases with purely local meanings. Another common conversational mistake is for the hostess to raise her voice if her guests don't seem to understand. A much better tactic is to slow down and speak more distinctly.

Whenever possible, give your guests written directions to your home. Most people who've learned a second language can remember and follow written notes better than directions received over the phone.

- Don't be surprised by cultural shock. Maurine R. Ruzek, director of the COSERV visitor program for the Los Angeles World Affairs Council, tells the true story of an American host family that became disturbed when two of their foreign guests belched after dinner, a high compliment to the hostess in some cultures. Then the family had another problem when their son began to belch to show how pleased *he* was with the meal.

There may be other shock waves when two totally different cultures come together. In some countries, conversation at the dinner table may last for hours. In others, meals are essentially silent affairs.

Europeans may shake hands all around when arriving and departing. Oriental guests may not shake hands at all because they grew up with different greeting customs.

A little background reading before your guests arrive can help cushion such surprises. "Other Lands, Other Peoples" is a particularly good fact book about 141 nations. It's published by the Committee on International Relations, National Education Association of the United States (1201 Sixteenth Street, N.W., Washington, D.C. 20036) and costs $2.25.

American families who have hosted foreign guests report many continuing benefits—such as lasting friendships with people in different parts of the world, warm reunions when they themselves go traveling overseas, and, at Christmas, a mailbox full of exotic greetings.

By entertaining guests from abroad, you may also have made a personal contribution to international understanding. The visitor may return home with a much warmer impression of this country because of your family's cordial interest and American hospitality. ■



Photographs: Harry Hartman. Design: Carol Green. Source: Estelle Bond Guralnick

Decorating with plants: how to make a house grow beautifully

Once you see how plants can make a room come to life, you'll wonder how you ever got along without them. Sure, plants have always been around—a bowl of ivy here, a potted philodendron there. But, *decorating* with plants is something different. It means giving plants the same status you'd give furniture, a painting, or any other component of a well-planned room.

To decorate with plants, you don't need to be a horticulturist, but you do need to be a little knowledgeable concerning the care and feeding of growing things (after all, there's nothing decorative about dead plants). And don't worry if your house is short of windows: plants aren't choosy about whether light comes from natural or artificial sources.

On these ten pages we explore the lively art of decorating with plants. You'll see how plants can do much more than look pretty. They can provide a room with pattern and texture, give it grace and definition, add warmth to cold spots, color to drab decors. Most of all, as you'll discover, green schemes are great to live with.



By Richard W. Jones and
Pamela Wilson Cullison



Left: Geraniums line up like soldiers to enliven an ornate fireplace. This just-for-fun touch fits in perfectly with the room's flea-market decor. The plants are on leave from the garden. When the weather turns warm, out they go to their stations in the sun.

Above: If your bathroom is cold and characterless, how about warming it up with plants? It's a decoratively different solution, and easy to effect. Here we put a green cascade of plants in the window cove, grouped them behind the tub, and even perched them on the back of the toilet (more inventive than the typical box of tissues, don't you think?).



Photograph: Fred Lyon Plant decor: Bob Bell, The Greenery. Source: Barbara Cathcart

Top: There's no law that says windows must be covered with curtains or shades. If privacy permits, why not "drape" your windows with hanging pots of greenery? Plants will like the location, and you'll love the porch-like effect you've created.

Above: If you really have a penchant for plants, how about a dramatic green scheme like this? Plants—indoors and out—make the major decorative statement in this living room. The bookshelves are barren of reading matter, but abundant with ivy, ferns, baby's-tears, and tuberous begonias. Bowls of cut flowers provide bright color accents.

Buying information, page 121.



Photograph: Harry Hartman.



Plant decor: Bob Bell, The Greenery.



Photograph: Fred Lyon. Design: Ardath Rouas. Source: Helen Heitkamp

Left: We're not assuming that many homes come complete with huge windows like these. We've chosen this example to show how to "naturalize" any kitchen eating nook. First, hang plants high and low from the ceiling and walls. Then, instead of putting knickknacks on the window sash, place glass shelves above the sash to hold pots of herbs. Below the sash, hang crisp seersucker curtains, and to underscore the whole effect, put plants on the table, too.

Above: This wall-to-wall planter visually widens a narrow room, and fills the need for an attractive focal point. The planter is really a simple box made of 1x5s painted black. Inside, there's a "mattress" of rigid white polyurethane foam, and a layer of white gravel for drainage. This gallery of greens is further enhanced by a collection of pre-Columbian and African art placed among the plants. At night, recessed ceiling lights spotlight the scene.

Top: To create an attractive setting at one end of a long, narrow room, consider this idea. We placed two towering *ficus benjamina* trees on either side of a game table to give the feeling of a "room within a room." Although plants like these are fairly expensive, their strong decorative impact gives them the importance of major furniture pieces.

Above: Here a big bay window was banked with Boston ferns to carry the greenery of outdoors inside. (Asparagus ferns would also do well here.) Set on a window ledge, the ferns add a touch of grace to the symmetrical setting. They also define the sitting area by embracing it in a solid mass of green. To direct attention to the plants, crisply tailored Roman shades were used instead of distracting curtains.

Buying information, page 121.



Photograph: Jim Hedrich. Design: Ethel Littman; The Finishing Touch Design. Source: Jessie Walker

Decorating with plants



Design: Keith Gasser of Jesse Benesch & Assoc., Inc.



Photographs: Marlene Schmeiser

Left: If you plan things right, your plants can take the place of a painting or print. This three-dimensional work of art is composed of living things and small-size collectibles. They all sit on sculptured plastic shelves within a shiny chrome frame.

Above: A curiously contorted "brain cactus" gets center stage in the entryway of this highly modern home. Placed on a pedestal, the gnarled beauty creates its own drama as a living piece of sculpture. The individuality of a plant like this shows up best when set against a stark and uncluttered background.



Photograph: Jim Hedrich. Source: Jessie Walker

Top: Many modern houses boast built-in planter/dividers like this one. If you'd like to make yours more versatile and distinctive, check what we've done here. To avoid the mess of planting inside the planter, we placed a mirrored plate over the opening, and on top of it, four polished chrome cylinders filled with grape ivy. The planters—besides being decorative eye-catchers and light reflectors—effectively divide the living room from the entryway without being obtrusive.

Above: Small plants can easily get lost in the crowd if they're scattered around the house. But if you put them all together, you can show off their beauty to best advantage and create a lovely living display. This distinctive Mexican bamboo cathedral is designed especially to hold a collection of mini-size plants. For theatrical flourish, a single spotlight shines from above.

Buying information, page 121.

Photograph: Jim Hedrich. Project design: David Ashe.





Photograph: Bill Helms. Architectural design: Walter E. Blum, A.I.A. Source: Bonnie Maharen

Above: Granted, growing things need light, but that doesn't mean windows must dictate where you put your plants. This 6x2-foot teakwood planter rolls around on casters to wherever you want it. In front of the window, the planter is an adjunct to the greenery outdoors. When company comes, the unit is rolled into the entrance foyer to serve as a decorative, fern-filled divider. The planter box is lined with copper and filled with small pebbles so the plants can simply be placed on top.



Above: Four portable planter trays nest for distinctive display and stack for storage (inside each other) when not in use. You make the trays in graduated sizes—22 inches, 20 inches, 18 inches, and 16 inches square. All are four inches high. Construct them from cedar 1x4s with mitered corners, and use ¼-inch plywood for the bottom. Finish with a clear fiber glass resin for moisture and abrasion resistance.

Right: Don't be afraid to put your plants in unusual places. For instance, when your dining table is not in use, why not "set" it with portable trays of your favorite plants? These trays have handles, so when it's time for some sunshine, simply move the plants to a window. Directions for trays begin on page 119.

Buying information, page 121.





Photograph: Fred Lyon. Plant decor: Bob Bell, The Greenery. Source: Barbara Cathcart

Decorating with plants







Left: Do you have an unusual stand of some sort where you can group all your plants together? If so, you can create a stunning display like this. The stand shown here is an antique baker's bread rack. Filled top to bottom with greenery, it becomes the focal point in this early American dining room. At night, small spotlights tucked amid the foliage cast beautiful shadows, creating the mood of a moonlit garden.

Above: Are you looking for interesting new ways to display your collection of indoor potted plants? It's not always easy to find just what you want, at a price you're willing to pay. That's why we designed the three plant display units shown above. By doing the job yourself—using basic materials and simple tools—you can incorporate the features you need, and save money at the same time.

The build-it-yourself floor tray shown above combines practicality and good looks. It's built around ½-inch paver bricks arranged in a decorative basket weave pattern on a ⅜-inch plywood base.

Build the frame from 1x4s with mitered corners (ours is 18x60x4 inches, but finished size can vary according to the brick arrangement). We rabbeted the frame to accommodate the plywood bottom, and put a small ledge made of 1x2s on top.

The two standing units shown at top both incorporate fluorescent lighting. They'd be great for areas where there aren't any windows, or where the quality of light is poor. Directions for both of the units begin on page 119.

Buying information, page 121.

By Hamilton Mason

Houseplants Showy and Surefire



Photograph: de Gennaro. Source: Pauline Graves



Photographs: Hopkins

Getting a good show from houseplants doesn't require a lot of space or a lot of time—not if you confine your selection to a few carefully chosen performers. Choose some for interesting foliage, others for attractive flowers. And to make sure your houseplant hobby won't become a chore, choose varieties that can get along with minimum care.

Above: Sanchezia has red stems with bold leaves veined creamy yellow. For still more show, it sends up yellow flowers with red bracts. The waffle plant (hemigraphis) makes an unusual color contrast. Give both plants lots of water and a porous mix. Increase them by stem cuttings.

Above: These three plants alone provide a good variety in color, texture, and shape. The showy urn plant *(Aechmea fasciata)* regales you with a pink "flower head" (really bracts) for more than three months. The silvery green rosette dies down gradually after flowering, but not before producing another plant at its base. Keep water in the cup at all times. The flamingo-flower flames brilliantly for a good three to five weeks. It's an anthurium, but better suited to house culture than the Hawaiian variety found at florists. The plant with gray and green foliage is a genuine toughie, ideal for most any location with poor light. It's one of the reliable Chinese evergreens *(Aglaonema crispum,* sometimes still listed as schismattoglottis). Don't try to pronounce it—just order it and enjoy it.









Top left: Prayer-plants (marantas) are all interesting, but this resplendent one is a prize. Its leaves are much less prone to brown edges than are those of other varieties. Give it well-drained soil and keep moist. You can put it anywhere so long as it's away from strong light. Look for it either as *Maranta erythroneura* or Jungle Queen.

Lower left: Firefern is not a fern at all. Believe it or not, it's an oxalis—shrubby and by no means weedy. Set it in strong light to maintain the rich red coloring. Keep the soil moist, but not soggy. If the plant gets leggy, it's an easy matter to start it over by taking tip cuttings. The flowers are tiny but their brilliant yellow contrasts impressively with the background of dark foliage.

Top right: Wax-plant *(Hoya carnosa)* has clusters of starlike waxy flowers that look artificial. However, the fragrance is convincingly real. Small plants and rooted cuttings are slow to get going, but be patient. They will vine all over and need control. Grow in filtered light, even a northern exposure. Root the stem cuttings in water.

Lower right: Spathiphyllum is one of your best bets among flowering houseplants. It does well near a window (without direct sun), but it also thrives away from bright light. The spathes (wrongly called flowers) are always white but vary in size according to variety. Some have a subtle fragrance. Divide the clump by pulling sections apart, as with daylilies. If the plant is potbound and roots are thickly intertwined, cut through the tangled divisions with a sharp knife.

Continued on page 116.

By Elizabeth D. Craster

Houseplants that come to dinner

Next time you need a centerpiece, look no further than that sunny window ledge where your houseplants live. Growing plants are a continual source of midwinter table decorations. To dress up plain pots, there are literally hundreds of flowerpot covers. Or, you can turn things you already own into containers (like our collection of pewter goblets) or craft one-of-a-kind covers with your own hands.

When planning your green-thumb centerpiece, keep scale in mind. The "small tree" houseplants are out because they would obstruct the diners' view. But smaller scale plants up to 12 or 14 inches make enchanting centerpieces. When arranging plants, elevate pots on stands if necessary, turn plants to get their fullest effects, and combine green leaves of contrasting shades and shapes.







Photographs: Maselli Studios Centerpieces: Fae Huttenlocher

Romantic centerpiece of roses and silver is made with elegant silver plate baskets and pink and red miniature rosebushes. To form a graceful triangle, we used two 4¾-inch baskets and one six-inch-diameter basket elevated on a black teak stand. You'll find other flowering plants are equally effective in these baskets. (They'll also hold an impressive supply of cocktail snacks when you're not using them as planters.) To complement the full-blooming centerpiece, we chose Country Blossom pattern porcelain, a Mirage goblet, and Medici sterling.

Streamlined modular centerpiece (above, middle) features utility boxes planted with a variety of small cactus, pastel pink and green-leafed hoya plants (center), and two rhoeo plants (at either end). You can buy the boxes in single or multiple units, filled with layers of soil ready for planting, or already planted with ready-to-grow tiny plants. A pair of slender tapers is all that's needed to set off the handsome plastic planters. For the elegant table setting, we chose Midnight Mist fine china and Spanish Tracery pattern sterling silver.

Burlap sacks in rainbow hues (above right) cover earthenware pots of full-leafed pothos and a graceful dracena plant. These burlap covers are store-bought, but you can make your own by heavily starching and shaping the fabric sacks. We used plants of three different heights, massing green leaves in the foreground and arranging spiky shapes in the background for contrast. If your plants happen to be the same height, be sure to elevate one or two of them. You can place small bowls or wood blocks inside the container or elevate the cachepots on stands. Try to group your plants so they'll form a triangle when you're using them for a centerpiece

Our table is set with bright Floral pattern earthenware, Georgetown stainless flatware, and a Madeira tumbler against a table covering of natural rattan squares.

Sturdy pewter tankards (right) make handsome containers for a pair of coleus with a zebra plant. Two tall pewter candlesticks round out the centerpiece. We used a contrast of color and mass here—combining the feathery reddish leaves of the coleus with the heavier green leaf of the zebra plant. You can utilize other collector's items to achieve a similar effect. To carry out the rustic New England theme we kept the emphasis on pewter with a Mansion House pewter service plate (acting as a cradle for Westbury pattern pottery salad plate), American Colonial pattern stainless, and a quaint octagonal butter pat plate. Heavy tavern tumbler in green pressed glass is Georgian pattern.

Buying information, page 121.



By Joan McCloskey

Personal touches for your personal kitchen

Every kitchen needs a range, refrigerator, sink, some work space, cabinets, and a good floor. But making a kitchen one of a kind is another matter. For that, you need to reach into your personal bag of tricks, whether your forte is design, sewing, or color. Your special touches can customize your kitchen, without costly remodeling. For inspiration, here's a collection of bright ideas.



Paint and inexpensive flooring can give an old kitchen a totally new look. Here a coat of kelly green paint on the original cabinets makes them stand out against freshly painted white walls. Wild zebra-patterned flooring was a real bargain —and see what pizzazz it adds to the whole room. In a few years when the "wild" look fades, the homeowners can replace the low-cost floor without feeling extravagant. Plants at window and on cabinets add freshness while accenting the green accessory color.

2



Colorful paint plus stenciling on cabinet doors brought this older kitchen back to life. In choosing the color scheme, the family had to work around the existing yellow backsplash and tiled counter. They painted the lower cabinets a bright orange; the upper cabinets cream. The 1½-inch stenciling outlines cabinet doors, repeating the scrolls in the wallpaper. The left door bears a rose and leaf pattern; the right door, a columbine design.

3



The focal point in this newly remodeled kitchen is the oven exhaust hood covered with old Portuguese tiles. The bottom of the hood is edged with tiles of a complementary pattern. The tiles were applied to the hood with mastic glue, then grouted in place. Hooks inside the hood hold a variety of strainers, spoons, and forks. Magnetic bands hold knives.

4



A kaleidoscope of color forms a canopy over this well-planned, tiny kitchen. Since it is centrally located and open to the entryway and dining room, the homeowner color-keyed all furnishings, wall coverings, and accessories in his favorite colors. A tent design was carefully drawn on the ceiling and walls, then wallpaper was cut and hung to match the stripes. Cabinets were updated with white paint and trimmed with deep purple.

5



A collection of prized pottery is attractively displayed in this remodeled kitchen cabinet. The doors were removed and used as shelves elsewhere in the kitchen. The walls inside the cabinet were painted white and the shelves a bright red to show off the collection. Candles, cream pitcher, sugar bowl, and knickknacks nestle in a wine rack on the counter top.

6



This tiny kitchen couldn't afford to waste an inch of space. As the family's interest in international cooking mushroomed, so did their supply of cooking utensils. The storage problem was solved creatively—an old bureau tucked in a corner provided additional counter space as well as drawers. Lacquered black and topped with self-adhesive plastic, the bureau now provides plenty of room for silverware, table linens, and a multitude of serving dishes.
Buying information, page 121.

1 Photograph: Harry Hartman
Source: Gabrielle Leubecker
Owner and Designer: John and Rebecca Vonel

2. Photograph: Fritz Taggart
Source: Pauline Graves
Designer: Dorothy P
Owner: Mr. and

3. Photogra
Source
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DIETING

HOW TO MAKE FORBIDDEN FOODS LOW-CAL

At The Golden Door, a posh spa in Escondido, California, dieting is anything but dull —it's almost enjoyable. Michel Corrado is the super-chef who plans and creates amazingly appetizing and attractive meals which



...w weight control
...in bulk and low
...he

guaranteed to revive any sagging spirits. It's a colorful mixture of cabbage, red onion, and shredded carrot. For an extra-appetizing salad plate, add turnip and carrot posies.

Cucumber Cheese Mold can double as a main dish! It's made with cottage cheese —the dry-curd kind—chicken broth, and cucumber. Horseradish and onion add gusto, but very few calories.

When sameness sets into diet meals, call on sauces to boost morale.

Thousand Island Dressing needn't have a thousand calories. This version is made with yogurt. Just a dollop turns a simple green salad, lettuce wedge, or sliced tomatoes into something special.

Mustard Sauce adds pizzazz to artichokes (as shown), and does wonders for cauliflower, broccoli, slices of chicken, beef, and ham, too. You can keep some on hand to reheat over hot water whenever your dinner needs a flavor lift.

Most serious dieters don't even allow themselves to think about drizzling hollandaise sauce over broccoli or asparagus. But when you treat yourself to this **Tangy Mock Hollandaise Sauce** you'll find that

are short on calories yet nutritionally sound.

According to Michel and Deborah Mazzanti, founder and president of the "Door," the key to successful dieting is "decalorization." By gradually replacing some of the high-calorie recipe ingredients with low-calorie foods, you can ultimately decalorize most recipes up to 60 percent. To demonstrate the technique, we've borrowed some of Michel's tastiest and most tempting decalorized recipes for you to try at home. You're sure to think of ways to put the same calorie-subtracting trick to work on your own forbidden favorites.

Recipes begin on page 108.

By Doris Eby



ou hardly miss the high-calorie kind.

Stuffed Peppers Sicilian is a calorie-duced—but *not* flavor-reduced—version a family favorite. Instead of using rice, common ingredient in many stuffed pepper cipes, you add low-calorie chopped getables to the meat. To cut the calories a tle further, substitute ground veal for part the ground beef, a trick worth membering for any ground meat recipe.

For **Beef Bourguignon,** choose a lean cut beef, such as tenderloin or round, and trim ay any visible fat. Then simmer the at in an herbed wine-broth mixture with onions and mushrooms.

If omelets are a standby at your house, **Beef and Mushroom Omelet** provides a slick way to indulge in a generous portion, yet cut the calorie count. The trick is to use one whole egg and just the white of a second egg (the yolk contains ⅔ of the calories in an egg).

The French like their classic Coquilles St. Jacques made with rich cream sauce, but you can serve **Michel's Coquilles St. Jacques** with only a fraction of the calories. For this elegant entrée, you cook scallops in seasoned white wine and water. The cooking liquid is thickened slightly to sauce the casserole.

Spinach Custard is a great substitute for a soufflé. You make it with fresh spinach, skim milk, and monterey jack cheese, which is made from skim milk. A dash of nutmeg adds something unique to the delicate flavor.

Any dieter will feel pampered when served **Fillet of Sole Veronique.** The poached fish and green grapes are covered with **Golden Door Bechamel Sauce.** It's reminiscent of the classic sauce, but this version has some decalorized twists—no butter or margarine, and the milk is low-fat.

Recipes begin on page 108.

DIETING

Chicken can be a dieter's best friend. It's naturally low in calories because poultry is low in fat, and it can be prepared in so many different ways it never gets dull. **Chicken Cacciatore** whittles still more calories; the skin, where many calories lurk, is removed from the boned chicken breasts. And, the meat isn't browned in extra shortening. Instead it's simmered in a tasty mixture of tomatoes, green pepper, onion, mushrooms, garlic, oregano, and a little dry red wine. To make the dish look as extra-special as it tastes, "chip-carve" some whole mushroom crowns to simmer with it and perch them atop the food on the platter.

Chicken Mazzanti almost makes you think you're eating "fried" chicken. Actually the skinned half-breasts are dipped in flour, then in egg and browned quickly in just a little oil. Each piece holds a surprise—monterey jack cheese tucked inside.

Pollo Arrosto with Tarragon makes roast chicken an occasion. Dried tarragon accounts for its out-of-the-ordinary flavor. You mix the seasoning with a little butter or margarine and brush it over the chicken before and while baking to a golden brown.



When you can diet and still have dessert, that's living! And when you can eat cheesecake with a clear conscience, that's heaven! You'll never miss the customary crumb crust on **Orange Cheesecake.** It's made with skim milk, ricotta cheese, granulated sugar replacement, and low-calorie whipped topping mix. While skimping on calories, you double up on orange —using both orange juice and orange liqueur.

Lemon Soufflé is a refrigerator creation with a fresh flavor, but without a single high-calorie ingredient! Make it in a two-cup soufflé dish or in individual cups and pretty it up with shredded lemon peel on the side and a tandem of lime twists atop.

Fresh fruit is always a good choice for a diet dessert, but why not give it the glamour treatment? For this **Strawberry Treat** you cook a little strawberry jelly and orange liqueur in a sauce and pour it hot over a bowl of berries.

Recipes begin on page 108.

Buying information, page 121.

Photographs: Kazu. Food Stylist: Fran Paulson





Photographs: Beege, Burda Moden







A stitch in time can get your little girl off to a stylish start come spring. These two delightful patterns are the first of our spring collection for children. All the styles are designed by Burda Patterns of Germany and are exclusively available to Better Homes and Gardens readers. To order, just fill out the form at right.

Spring Sewing:

Exclusive new fashions for children

Above: Ready your child for spring showers with this rain-or-shine ensemble. It's one of the most attractive all-weather outfits we've seen. To show you its versatility, we sewed one jacket in water-resistant green patent vinyl over cotton slacks, and the other version in a plaid acrylic. The ensemble lends itself to many fabrics—from corduroy to rain-repellent nylon. *Pattern 01275:* available in sizes 6, 8, 10.
Buying information, page 121.













ike a field of daisies, a dainty smocked ess is the essence of spring. Can't you e your little girl in one of these quaint yles? Our classic pattern is hand-smocked n both the dress front and back, with ldditional smocking on the long sleeves. e sewed the short-sleeved and sleeveless rsions in easy-care cotton prints, and e other in silky pink polyester. *Pattern 272:* available in sizes 2, 4, 6.

DY MEASUREMENT CHART

ze	2	4	6	8	10
est	21	23	25½	27	28½
ist	20	21	22	23½	24½
p	23	24	26	28	30
ck waist length	8½	9½	10½	12	12¾
ight	36	40	45	49½	54½

Send order to: Better Homes and Gardens, Dept. 2B1, P.O. Box 374, Des Moines, Iowa 50336

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Beat the high cost of food! Enter our Budget Recipe Contest

Tell us how you cook to stretch food dollars and you just might win a thousand of them!



We're as concerned about high food prices as you are. We want to know how you're managing on your food budget. And to find out, we're willing to buy groceries for a family of four for four months. Then we can share your winning ideas with all of our readers. Any of the top ten prizes will help put a big dent in your grocery bill.

1ST PRIZE: $1,000 (enough to buy groceries for a family of 4 for 4 months)
2ND PRIZE: $500 (enough to buy groceries for a family of 4 for 2 months)
3RD THROUGH 10TH PRIZES: $250 (enough to buy groceries for a family of 4 for 1 month)
100 honorable mentions will receive the exciting new Better Homes and Gardens Golden Treasury of Cooking, a collection of great recipes from five decades.

To throw your chef's hat in the ring, just send us your favorite budget-stretching recipe. Are you using dried beans in soups and casseroles along with just a little meat? Maybe you're experimenting with the new textured vegetable protein (soy) in ground beef mixtures to make new-fangled meat loaves and burgers. Or have you discovered some deliciously different ways to serve cheese and eggs for meatless meals? Maybe you've gotten adventurous with economical variety meats. If you have an outdoor sportsman in the family, tell us how you cook the rabbit, game birds, and fish he brings home. Here are some hints:

Soy-ground Beef Meatballs	**Tuna Potato Pie**
Cheesy Bean Salad	**Sweet-sour Sausage Loaf**
Liver Creole	**Fish 'n Spanish Rice Rolls**
Creamy Turkey Chowder	**Hamburger Biscuit Bake**
Pizza Frank Sandwiches	**Beer-braised Beef Shanks**

See booklet for more ideas to beat high food prices.

Budget Recipe Contest

P.O. Box 4502 Des Moines, Iowa 50336

My main dish recipe is:

- ☐ Soup
- ☐ Sandwich
- ☐ Entrée: Meat, Fish, Poultry
- ☐ Salad
- ☐ Meat Casserole
- ☐ Fish Casserole
- ☐ Poultry Casserole
- ☐ Meatless Casserole

Name of recipe: _____

Ingredients: _____

_____

_____

_____

Method: _____

_____

_____

_____

Number of servings: _____ **Cost of recipe:** _____

Origin of recipe: _____

Name _____

Address _____

City _____ **State** _____ **Zip** _____

RULES FOR ENTERING THIS CONTEST

1. Print or type your favorite Budget Recipe clearly on the form provided or on a plain sheet of paper. If entry form is not used, print your full name and address on each sheet of paper in upper right corner.
2. On your entry, check the category into which your recipe falls. (This is for our sorting purposes only. A top prizewinner will not necessarily be chosen from each category.) Enter a favorite main dish—be it entrée, casserole, hearty soup, man-sized sandwich, or meal-in-a-bowl salad—that you think makes an economical meal for your family. State the number of servings your dish makes.
3. If you wish, include a statement of not more than 50 words on the origin and approximate cost of the recipe.
4. Specify the brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.
5. Give measurements in *level* cups, tablespoons, teaspoons.
6. Submit as many entries as you wish. All entries must be postmarked no later than February 28, 1974. Entries will be judged on originality, taste, appearance, economy, and clarity of presentation. In cases where duplicate recipe ideas are submitted, the one with the earliest postmark will be judged. Decisions of the judges will be final.
7. All entries, contents, and ideas therein become the property of Meredith Corporation and may be published without obligation. Better Homes and Gardens reserves the right to adjust and edit recipes. Contest winners will be notified in June, 1974.
8. Any resident of the United States or Canada, regardless of marital status, may enter. Employees of Meredith Corporation, its wholly owned subsidiaries, their advertising agencies, and their families are ineligible.
9. Mail your entry to "Budget Recipe Contest," Post Office Box 4502, Des Moines, Iowa 50336.
10. The top winning recipes will be published in a future issue of Better Homes and Gardens.
11. This contest is subject to all federal and state regulations. Any liability for federal, state, or other taxes or duties imposed on a prize received in the contest will be the sole responsibility of each winner and not of Meredith Corporation.

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Try BLUE CHEESE on celery There's no better way for an in-between meal snack to taste good all day

CHIVE is the flavor that will make you sing because it's good with most everything

PIMENTO, Pimento where-fore art thou. on top of the salad that's wearing a smile.

There's BACON & HORSERADISH spread on roast beef There's no doubt about it this should be a feast.

Here we have ONION the finger sandwich delight. the flavor that lets you dream all night.

ROQUEFORT on crackers will work out just fine And will taste even better with a good red wine.

Now there's SMOKED SALMON once you start you can't stop. I think you'll agree you'll like it a loxs.

KRAFT Division of Kraftco Corporation

How to turn vegetables into dessert



Photographs: Dieter

CANDY HARVEST ICE CREAM

1 10-ounce package frozen squash, cooked and cooled
¼ cup packed brown sugar
½ teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground nutmeg
1 quart vanilla ice cream, slightly softened
1 cup (6 ounces) peanut brittle candy, crushed

Combine squash, sugar, salt, and spices. Mix well. With wooden spoon, scoop ice cream into chilled bowl. Working quickly, stir in squash and candy. Turn into freezer trays. Cover; freeze. Makes 8 servings.

CARROT COOKIES

2 cups diced pared carrots
¾ cup butter or margarine
1 cup sugar
1 egg
1 teaspoon vanilla
2 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
1 recipe Pineapple Frosting

Cook carrots in small amount of boiling salted water till tender. Drain and mash. (Should measure about 1 cup.) Cool. Cream together butter or margarine and sugar. Add egg and vanilla; beat till fluffy. Stir in carrot. Stir together dry ingredients. Blend into creamed mixture. Drop by teaspoonfuls onto an ungreased cookie sheet. Bake in 375° oven about 12 minutes. Frost with *Pineapple Frosting:* Combine 1½ cups sifted powdered sugar, 2 tablespoons pineapple jam, 1 tablespoon softened butter or margarine, and ¼ teaspoon vanilla. Add 1 to 2 teaspoons milk to make of spreading consistency. Makes about 5 dozen.



SPICY PUMPKIN TORTE

1 package 2-layer-size spice cake mix
½ teaspoon baking soda
1 cup milk
2 eggs
1 cup canned pumpkin
½ cup finely chopped, pared apple
½ cup chopped walnuts
1 cup whipping cream
2 tablespoons honey
¼ teaspoon ground cinnamon

Combine cake mix and soda. Add milk and eggs. Blend at low speed of electric mixer till blended. Beat at medium speed 2 minutes. Add pumpkin. Beat at low speed till well blended. Fold in apple and nuts. Pour into greased and floured 13x9x2-inch baking pan. Bake in 350° oven for 35 to 40 minutes. Cool. Cut cake in squares. Combine the whipping cream, honey, and cinnamon. Whip to soft peaks. Top each square with topping.

Buying information, page 121



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Butter Pecan

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The Bar Cookie Mix. It's new, and only from Betty Crocker. And there's enough in each box for a 13 x 9 inch baking pan. Isn't it nice to know that with so little effort you can bake up so much great taste?



w to make Spaghetti on our ver



Photograph: Maselli

ETTI PIE

ost delicious way we know ch one pound of ground o six servings—

s spaghetti
poons butter or margarine
grated parmesan cheese
eaten eggs
l ground beef or bulk sausage
chopped onion
chopped green pepper
ce can (1 cup) tomatoes,
ce can tomato paste
on sugar
on dried oregano, crushed
oon garlic salt
ounces) cottage cheese
2 ounces) shredded arella cheese

ne spaghetti according to directions; drain (should out 3¼ cups spaghetti). ter or margarine into hot i. Stir in parmesan cheese s. Form spaghetti mixture crust" in a buttered 10- plate.

llet, cook ground beef or usage, onion, and green till vegetables are tender at is browned. Drain off at. Stir in *undrained* to- tomato paste, sugar, and garlic salt. Heat

d cottage cheese over of spaghetti "crust." Fill th tomato mixture. Bake, ed, in 350° oven for 20 Sprinkle the mozzarella op. Bake 5 minutes long- cheese melts. Makes 6

MENU
Spaghetti Pie
len Green Salad with Italian Dressing
d Garlic French Bread
Banana Splits
Beverage

Dollar for dollar, what other meat stacks up to SPAM?

A lot of meat. But not a lot of money.

We made the sandwiches on the left with a nationally popular sliced bologna. For the stack on the right, we used SPAM.

Both the SPAM and the bologna are good-tasting, good quality meat. Both cost about the same amount of money*. But you can see how SPAM makes your meat dollars go further.

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SUPER SPAMWICH FIXIN'S

California SPAMwich

Place SPAM slices on buttered buns or toast. Add tomato slices and sweet Bermuda onion. Top it with your favorite cheese, then broil until heated through and sizzling.

Reuben SPAMwich

Place SPAM slices on buttered rye bread. Add layers of Swiss cheese and sauerkraut. Cover with second slice of rye.

SPAM Picadilly

Spread softened cream cheese on buttered slices of pumpernickel bread. Place slices of SPAM over cream cheese, then top with spoonfuls of sweet pickle relish.

The Summer Pie.
Relief for people who've had it with winter.



The Summer Pie has a creamy vanilla taste with just a touch of orange.

So why not let it brighten up tonight's dinner? A light, smooth-tasting family dessert you make in just a few easy steps. The Summer Pie is as fresh and sunny as it sounds. And isn't that what you want more than anything right now?

The Summer Pie.

1 envelope Dream Whip® Brand Whipped Topping Mix
2 tablespoons orange juice
1 teaspoon grated orange rind
*1 package (6-serving size) Jell-O® Brand Vanilla Instant Pudding & Pie Filling**
1½ cups milk
1 baked 8-inch pie shell, cooled.

Prepare Dream Whip as directed on package, adding orange juice and orange rind to the milk before beating. Prepare Jell-O Instant Pie Filling Mix as directed on package, reducing milk to 1½ cups. Blend in one cup of the whipped topping mixture. Spoon into pie shell and chill at least 3 hours. Garnish with remaining whipped topping and orange slices.

*Or use 1 package (6-serving size) Jell-O® Brand Vanilla Pudding & Pie Filling. Prepare pie filling mix as directed on package for pie, reducing milk to 1½ cups. Chill before blending in 1 cup whipped topping.



GF
GENERAL FOODS KITCHENS

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Buying information, page 121

FILE UNDER CASSEROLES AND ONE-DISH MEALS

PIZZAS

Wine Mushroom Pizza

A homemade crust and red wine sauce capture first prize—

Combine ¾ cup all-purpose flour and 1 package active dry yeast. Combine ½ cup water, 1 tablespoon cooking oil, and 1 teaspoon salt; heat to lukewarm. Add to flour mixture; beat well. Add about ¾ cup more flour to make a stiff dough; knead smooth. Place in greased bowl; turn once to grease surface. Cover and let rise till more than double. Punch down; let rest 10 minutes. Roll to a 12-inch circle. Place in 12-inch pizza pan. Form edge. Prick crust. Bake in 450° oven 13 to 15 minutes. Combine ½ cup dry red wine, one 8-ounce can tomato sauce, 2 teaspoons instant minced onion, ½ teaspoon *each* dried basil and oregano, crushed, and ½ teaspoon worcestershire sauce. Boil till reduced to 1 cup. Spread over crust; arrange one 6-ounce can sliced mushrooms, drained, atop. Sprinkle with 1 cup shredded mozzarella cheese and ¼ cup grated parmesan. Bake 10 minutes more. Makes one 12-inch pizza.

Linda Hoffman, East Point, Ga.

Cut along dotted line



Photographs: Dieter

FILE UNDER DESSERTS

CHERRY DESSERTS

Cherry Ice Cream

Black cherry soda goes in this first-place dessert—

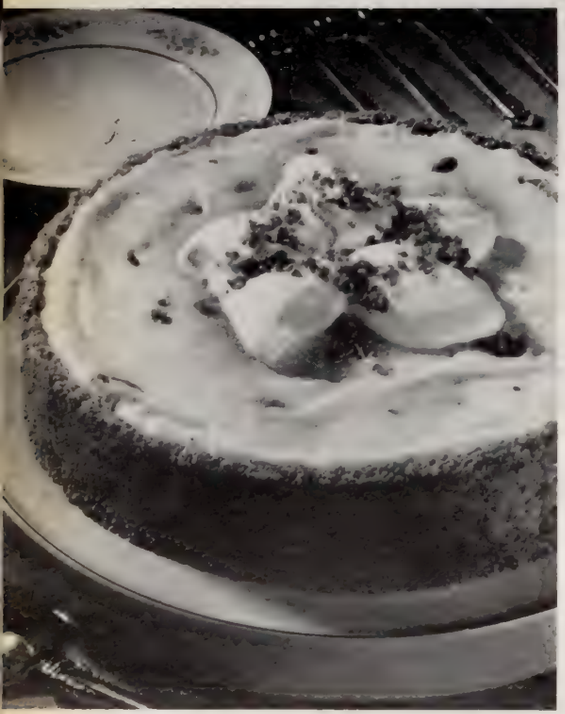
Combine one 16-ounce can pitted tart red cherries, drained and cut up, one 14-ounce can sweetened condensed milk, one 12-ounce can black cherry soda, 1 cup whipping cream, 1 cup light cream, 3 slightly beaten eggs, ½ cup sugar, 1 teaspoon vanilla, and a few drops red food coloring. Pour into 4-quart freezer container. Fit into freezer. Follow manufacturer's directions for electric freezer. Adjust dasher and cover. Pack crushed ice and rock salt around can (6 parts ice to 1 part salt). Turn dasher till ice partially melts and forms brine; add more ice and salt to maintain ice level. Turn handle constantly till crank turns hard. Remove lid and dasher. Plug opening in lid. Cover can with several layers of waxed paper; replace lid. Pack more ice and salt (4 parts ice to 1 part salt) around can. Cover freezer with heavy cloth. Let ripen about 4 hours. Makes 1½ quarts.

Ruth Johnson, Minneapolis, Minn.



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Cherry Cheesecake

Combine 1¼ cups graham cracker crumbs, ¼ cup sugar, and 6 tablespoons butter or margarine. Press into bottom and 1¾ inches up sides of 9-inch springform pan. Soften 2 packages unflavored gelatin in ½ cup water; dissolve over hot water. Cool. In large mixer bowl, beat 1½ cups cream-style cottage cheese till smooth. Add gelatin, 1½ cups milk, one 5½-ounce package *instant* vanilla pudding mix, one 3-ounce package cream cheese, softened, and 2 tablespoons sugar. Beat 1 minute. Stir in 3 tablespoons lemon juice, 1 teaspoon of vanilla, and ½ of teaspoon grated lemon peel. Chill till partially set. Fold in one 16-ounce can pitted dark sweet cherries, drained and halved. Turn into crust. Chill about 3 hours, or till set. Garnish with whipped cream and additional crumbs, if desired. Makes 8 to 10 servings.

Mrs. Joe Twomey, Phoenix, Ariz.



Cherry Brownie Pudding Cake

4 tablespoons butter or margarine
1 cup sugar
2 egg yolks
½ teaspoon vanilla
1 21-ounce can cherry pie filling
2 squares (2 ounces) unsweetened chocolate, melted and cooled
1 cup all-purpose flour
½ teaspoon baking powder
½ teaspoon salt
2 stiff-beaten egg whites
¼ cup water
1 tablespoon lemon juice
2 tablespoons butter or margarine

Cream together the 4 tablespoons butter or margarine and sugar till fluffy. Add yolks and vanilla; beat well. Stir in 1 cup of pie filling and chocolate. Stir together flour, baking powder, and salt; mix well with chocolate mixture. Fold in egg whites. Add water, lemon juice, and remaining butter to remaining pie filling. Spread in a 9x9x2-inch baking pan. Spoon batter over cherries. Bake in 350° oven about 40 minutes. Serve with ice cream. Makes 8 servings.

Kerri Levine, Mt. Holly, N.J.



Cheesy Crust Pizza Rounds

1 cup (4 ounces) shredded mozzarella cheese
1 package piecrust mix (for 2-crust pie)
½ cup pitted ripe olives, sliced
2 hard-cooked eggs, chopped
¼ cup sliced green onions with tops
1 teaspoon sugar
Dash garlic powder
1 8-ounce can tomato sauce
2 tablespoons cooking oil
1 teaspoon dried basil, crushed

Add cheese to dry pastry mix; proceed according to package directions. Divide pastry in half. Roll one half to ⅛-inch thickness. Cut into three 6-inch circles. Place on lightly greased baking sheet. Crimp edges. Repeat with remaining dough. Bake in 375° oven for 12 minutes. Combine remaining ingredients. Spread ¼ cup mixture over each crust. Bake in 375° oven 10 minutes more. Makes 6 pizzas.

Mrs. Andrew Giamfortone, La Marque, Tex.



Giant Pizza Sandwich

½ pound bulk pizza sausage *or* ground beef
¼ cup chopped onion
¼ cup chopped green pepper
1 3-ounce can sliced mushrooms, drained
2 tablespoons sliced pimiento-stuffed green olives
½ teaspoon dried oregano, crushed
1 cup (4 ounces) shredded mozzarella cheese
2 13½-ounce frozen cheese pizzas (10-inch diameter)

In medium skillet, combine meat, onion, the green pepper, mushrooms, olives, and oregano. Cook and stir till meat is browned. Stir in ½ cup of the cheese. Place one pizza on rack on baking sheet. Spoon hot meat mixture evenly over pizza. Top with second pizza, crust side up. Cover with foil. Bake in 375° oven for 15 minutes. Remove foil; continue baking 10 minutes longer. Sprinkle with remaining cheese. Bake 5 minutes more. Garnish with canned chilies, if desired. Makes 6 servings.

Vicki Warthen, Addison, Ill.



Betty Crocker® Snackin' Cake®

Something special to eat.

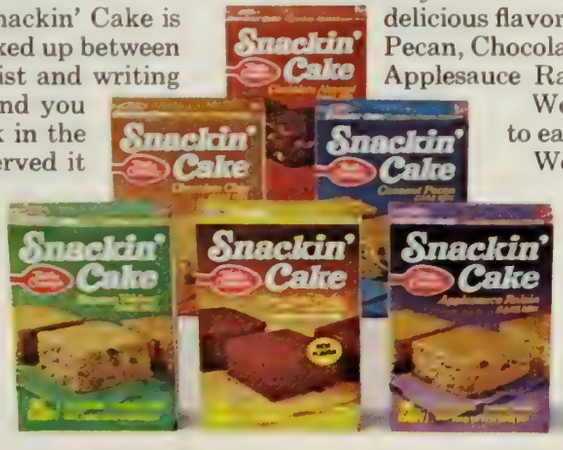


Nothing much to clean up.



To the family it's some kind of fantastic moist cake you just pulled out of the oven.

To you, Betty Crocker Snackin' Cake is the cake you might have mixed up between taking the kids to the dentist and writing your letter to the editor. And you mixed it up with just a fork in the same pan you baked and served it



No mixing bowls, no big mess to clean up. Betty Crocker Snackin' Cake in six moist, delicious flavors: Banana Walnut, Coconut Pecan, Chocolate Almond, Chocolate Chip, Applesauce Raisin and Chocolate Fudge.

We call it something special to eat, nothing much to clean up.

We think you will, too.


The Waldorf variety show.
Starring you and Kraft.

Our basic Waldorf Salad.

3 cups chopped apples
2 cups Kraft Miniature Marshmallows
1 cup thin celery slices
½ cup chopped walnuts
Miracle Whip Salad Dressing

Combine apples, marshmallows, celery and walnuts. Add enough salad dressing to moisten. Toss lightly. Chill. Add additional salad dressing and garnish with apple slices before serving, if desired.

6 to 8 servings

You star with 10 ways to vary it.

Start with Kraft's Basic Waldorf, then add some variety of your own. Vary the recipe with your favorite fruit. Or add meat for a main-dish meal. To start the show, try one or more of the following:

1 11-oz. can mandarin orange segments, drained
1 cup raisins
1 cup seedless green grapes
½ cup chopped dates
¼ cup toasted coconut
2 cups chopped cooked chicken, turkey, ham or tuna
1 13¼-oz. can pineapple tidbits, drained

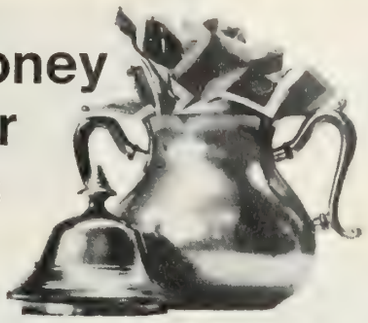


Make it the good Kraft way. Your family'll love it.





Win money for your recipes



Pasta Main Dishes—Fruit Cobblers

Do you use enriched pasta as a nutritious way to stretch your food dollar? Or do you have an especially tasty recipe for that old-fashioned favorite, fruit cobbler? Send your recipe today for either or both categories and you could be a prizewinner next September. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each and 12 Honor Roll winners get $10 each. The selected winning recipes will be pictured on the Prize Tested Recipes pages next September. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

Hints to Help You

Pasta main dishes can be made with eggs, cheese, fish, poultry, or meat. Add a dill-sparked sauce to cannelloni or recycle layers of leftovers in your version of lasagna. Stuff manicotti with vegetables and cheese for a vegetarian dish. Pointers:

corned beef pastitsio
macaroni cheddar mousse
turkey fettuccine verde
baked spaghetti loaf
mac-salmon bake

Fruit cobblers can start with fresh or canned fruit or pie filling. They might be topped with packaged biscuit mix or refrigerated cookie dough. Or do you make a fruit-filled pinwheel topper and crown it with ice cream or preserves? Hints:

triple berry cobbler
cinnamon-honey fruit cobbler
orange-cherry cobbler
cobbler a la pineapple
taffy apple cobbler

THIS MONTH'S WINNERS

(See recipes on pages 97 and 98.)

Cooks-of-the-Month

Linda Hoffman, East Point, Ga.
Ruth Johnson, Minneapolis, Minn.

Runners-up

Mrs. Andrew Giamfortone, La Marque, Texas
Kerri Levine, Mt. Holly, N.J.
Mrs. Joe Twomey, Phoenix, Ariz.
Vicki Warthen, Addison, Ill.

Honor Roll

Miss Betty Allen, Dalton, Ga.
Mrs. Frank J. Arkell, Jr., Scottsdale, Ariz.
Mrs. Willard G. Cram, Jerome, Ariz.
Mrs. Marie Dentino, Cicero, Ill.
Mrs. Merlin Gagelman, Great Bend, Kans.
Mrs. Ted J. Gray, Jr., Altavista, Va.
Mrs. Marilyn Kainsinger, Parma, Ohio
Mrs. Alex MacPherson, Paramus, N.J.
Mrs. Stephen Maher, Des Moines, Iowa
Mrs. Florence Palermo, Melrose Park, Ill.
Judy K. Sargent, Arlington, Texas
Denise Sykes, Northfield, N.J.

Contest Rules

1. Write or type your recipe clearly on one side of the paper and mark it "September Pasta Main Dishes" or "September Fruit Cobblers." If you wish, send a recipe for each of the two categories.
2. Print your full name and address in upper right corner of paper.
3. Give measurements in *level* cups, tablespoons, teaspoons.
4. Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.
5. Include 50 to 100 words about the origin of the recipe you submit.
6. Recipes submitted become property of Meredith Corporation.
7. Entries must be postmarked by midnight, February 28. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7402 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50336.

Can you create a chicken recipe worth $10,000?

(Accent thinks you can)

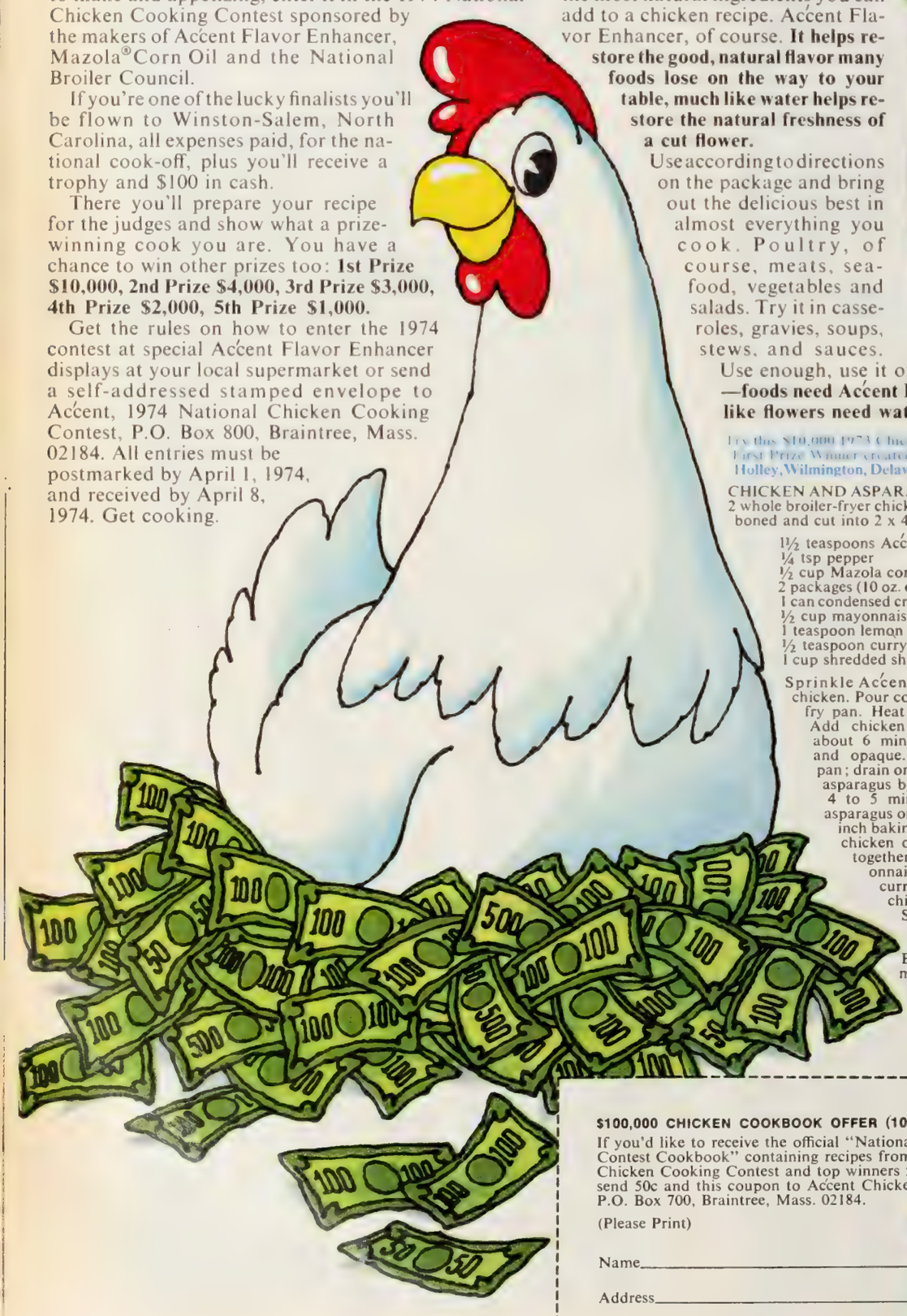
Sure you can, with help from Accent Flavor Enhancer.

If your favorite chicken recipe is delicious, simple to make and appetizing, enter it in the 1974 National Chicken Cooking Contest sponsored by the makers of Accent Flavor Enhancer, Mazola® Corn Oil and the National Broiler Council.

If you're one of the lucky finalists you'll be flown to Winston-Salem, North Carolina, all expenses paid, for the national cook-off, plus you'll receive a trophy and $100 in cash.

There you'll prepare your recipe for the judges and show what a prize-winning cook you are. You have a chance to win other prizes too: **1st Prize $10,000, 2nd Prize $4,000, 3rd Prize $3,000, 4th Prize $2,000, 5th Prize $1,000.**

Get the rules on how to enter the 1974 contest at special Accent Flavor Enhancer displays at your local supermarket or send a self-addressed stamped envelope to Accent, 1974 National Chicken Cooking Contest, P.O. Box 800, Braintree, Mass. 02184. All entries must be postmarked by April 1, 1974, and received by April 8, 1974. Get cooking.



Foods need Accent Flavor Enhancer like flowers need water. Here's one of the most natural ingredients you can add to a chicken recipe. Accent Flavor Enhancer, of course. **It helps restore the good, natural flavor many foods lose on the way to your table, much like water helps restore the natural freshness of a cut flower.**

Use according to directions on the package and bring out the delicious best in almost everything you cook. Poultry, of course, meats, seafood, vegetables and salads. Try it in casseroles, gravies, soups, stews, and sauces.



Use enough, use it often. **Remember—foods need Accent Flavor Enhancer like flowers need water.**

Try this $10,000 1973 Chicken recipe. The 1973 First Prize Winner created by Mr. R. Clement Holley, Wilmington, Delaware. Yes, a man won!

CHICKEN AND ASPARAGUS CASSEROLE

2 whole broiler-fryer chicken breasts, skinned, boned and cut into 2 x 4¾ inch pieces.

1½ teaspoons Accent
¼ tsp pepper
½ cup Mazola corn oil
2 packages (10 oz. ea.) frozen asparagus
1 can condensed cream of chicken soup
½ cup mayonnaise
1 teaspoon lemon juice
½ teaspoon curry powder
1 cup shredded sharp Cheddar cheese

Sprinkle Accent and pepper over chicken. Pour corn oil into a 10 inch fry pan. Heat over medium heat. Add chicken and saute slowly about 6 minutes or until white and opaque. Remove from fry pan; drain on paper towels. Cook asparagus by package directions 4 to 5 minutes. Drain. Place asparagus on bottom of 9 x 9 x 2 inch baking pan. Place sauteed chicken over asparagus. Mix together chicken soup, mayonnaise, lemon juice and curry powder. Pour over chicken and asparagus. Sprinkle cheese over the top. Cover with aluminum foil. Bake in 375° oven 30 minutes or until done. Makes 4 servings.

$100,000 CHICKEN COOKBOOK OFFER (101 RECIPES)

If you'd like to receive the official "National Chicken Cooking Contest Cookbook" containing recipes from the 1973 National Chicken Cooking Contest and top winners from previous years send 50c and this coupon to Accent Chicken Cookbook Offer, P.O. Box 700, Braintree, Mass. 02184.

(Please Print)

Name_____

Address_____

City, State_____

Zip



Dessert-and-chees combos

Photographs: Dieter



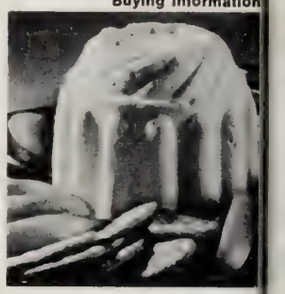
LEMON-CHEESE DESSE BOMBE

Great with strawberries–

1 envelope (1 tablespoon) unflavored gelatin
2 tablespoons water
1 cup milk
1 3-ounce package cream cheese, softened
½ cup sugar
1 cup lemon yogurt
Fresh strawberries

In small saucepan, softe in the 2 tablespoons wa in milk. Cook and stir til is dissolved. Combine cheese and sugar; stir in Gradually blend in gela ture. Pour into six ½-cu Chill till set. Unmold; with halved fresh strawb other fruits. Makes 6 ser

Buying information



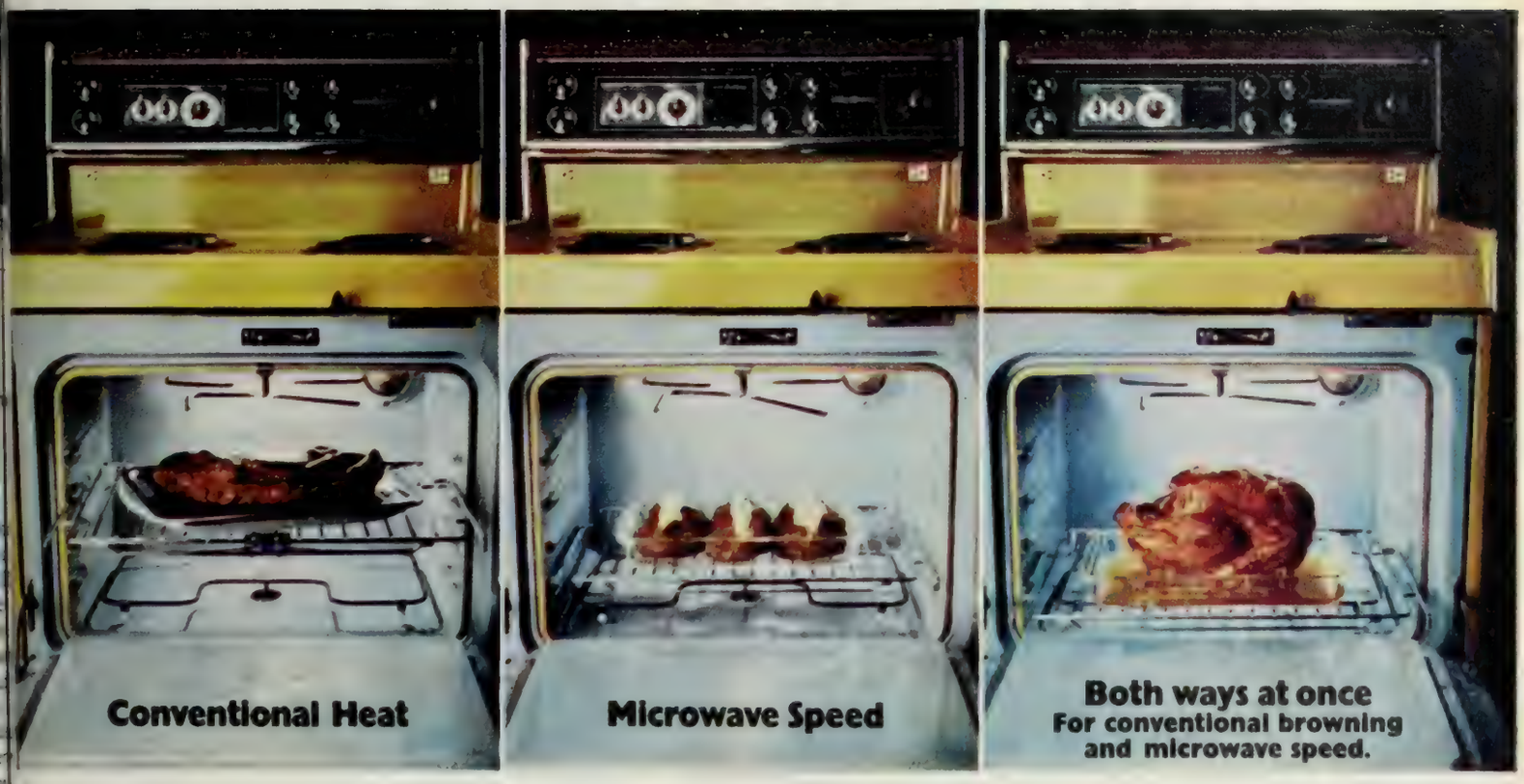
CHEESE AND WINE MO

Serve as an appetizer tail party spread, too—

2½ cups (10 ounces) fine shredded sharp chedda
⅛ teaspoon ground nutm
⅛ teaspoon white pepper
¼ cup dry white wine
4 tablespoons butter or margarine, softened
Apple and pear wedges
Assorted crackers

In small mixer bowl, cheese, nutmeg, and pepp wine just to boiling; im ly pour over cheese. B electric mixer till smoot 10 minutes. Beat in softe ter or margarine. Spo well-oiled 2-cup mold. chill overnight. Unmo serving plate. Cover stand at room temperatu hours before serving. Se apple and pear wed crackers.

The Superstove™ Range from GE with the oven that cooks three ways. $599.95*



General Electric presents the 30" Superstove™ Range with the Versatronic® Oven System, the only system that cooks three ways in the same oven.

It's a conventional oven, so you can cook your favorite recipes just the way you're used to. Like tender, juicy sirloin steak.

It's a microwave oven. So you can thaw frozen foods in minutes and speed-cook up to 4 times faster than you're used to. For instance, 3 baked potatoes in only 15 minutes.

Or it's a microwave oven and a conventional oven both at once. So you can speed-cook and brown at the same time. A 10 lb. turkey, frozen solid, will be roasted and browned in about an hour and a half. Or a frozen apple pie in 17 to 19 minutes.

It's an oven that does so many fabulous things, you'll want to use it more than you've ever used an oven before. For things like warming gravy right in the gravy boat. (The gravy gets hot, the gravy boat doesn't.)



And because it's a P-7* self-cleaning oven, it cleans itself.

Yet all this cooking splendor isn't all that expensive. With the Versatronic Oven System, you get both microwave cooking and conventional cooking plus self-cleaning for $599.95*

And you get something else only General Electric offers: Customer Care... Service Everywhere.™ This is our pledge: that wherever you are or go in the U.S.A., you'll find a qualified GE serviceman nearby. Should you ever need him.

The Superstove Range... another reason why General Electric is America's #1 major appliance value.

*Manufacturer's suggested retail price. Price optional with dealer. Subject to fair trade where applicable

GENERAL ELECTRIC

Wear-Ever® Registered. Old-fashioned quality at an old-fashioned price.

Wear-Ever Registered combines old-fashioned quality, dependability, and performance with contemporary styling. Its thick, heavy gauge ensures even heat distribution for truly effective cooking. And long, dependable service.

Interiors are smooth, polished aluminum. Exteriors are genuine porcelain. Choice of avocado, harvest, or black.

Each utensil is registered at our factory. Your assurance of quality.

And there are eight durable pieces to the set.* At $44.95, it all adds up to an old-fashioned bargain. (Manufacturer's suggested open-stock price—$65.75.)

Eight-piece sets of Registered with black or white Du Pont *Teflon II*® and stainless steel interiors are also available at higher prices.

Eight-piece set with aluminum interiors pictured.



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No calories, just good old fashioned hickory smoke flavor
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Early Tomato

An extremely early tomato, the Wayahead, often ripening big, red tomatoes by July 4th, has been developed at the Jung farms in Wisconsin. You can obtain a trial packet of this tomato by sending 10¢ to the Jung Seed Co., Box 81, Randolph, Wis. 53956. They will not only send you this tomato seed but also a packet of glorious Super Giant Zinnias and a copy of their 67th catalog, America's most colorful 1974 seed catalog.

734 Family Personal Affairs Checklist 50¢, 3 copies $1.00. Use this record to inventory papers related to insurance, property and personal affairs. This information will be valuable to your family in case of an emergency. **Better Homes and Gardens, P.O. Box 374, Des Moines, Iowa 50336.**

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New Ideas

AMERICAN WINES AND WINE COOKING
by Shirley Sarvis and Robert Thompson

How to buy, serve and cook with American wines — subject of this informative new book from Creat Library, published in association with Better H Gardens. The book contains detailed discussions al information, price ranges, flavor, tartness, sweetne stock a wine cellar, selection of glasses and how to present and pour wine at the dinner table. A special Wine Cookery section includes 88 recipes that use wine as a source of flavor in a sauce, as a tenderizer or as a flaming agent. You'll also find suggestions for wines to serve with each dish, as well as a guide to America's foremost wineries and vineyards. Just $8.95 wherever books are sold.



PENNYWISE BOUTIQUE
by Barbara L. Farlie



Even if you can't sew a stitch create stylish fashions and acce an instant . . . from pin mone most sewing books, this new pu from Creative Home Library, in association with Better H Gardens takes advantage of craft methods using glue, trim a ing material, to produce over a fashion accessories that look li lion, but cost practically nothing to make. Project dress ensembles, handbags, clothes for the family, Holiday fashions, up-dating old clothes and stylish items. Colorful fashion sketches with how-to-diagra supplies and a collection of tips for fabric selectio pany each project. Just $7.95, wherever books are so

BUILDING IDEAS
Spring/Summer 1974

If this is the year you begin planning that new hou an information-packed Idea Publication from Bette and Gardens you'll want to buy. Included in this colo are exciting family homes for city, suburban and co ing; a look at an increasingly popular design source, fessional home designer; an informative rundown on the high quality homes now available in pre-cut, panelized, modular and mobile types; a section on a wide variety of vacation homes; plus a special section featuring house plans of the twenty-two best-selling traditional and ranch designs, each chosen for architectural excellence and proven appeal. Just $1.35 at your newsstand now.

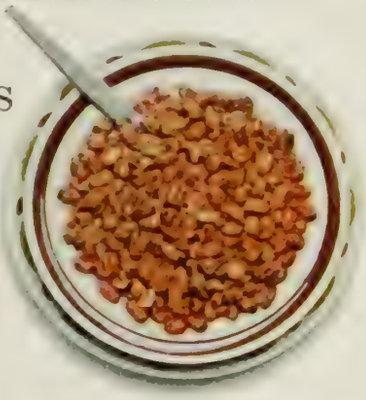




4 grown-up reasons to buy 3 kids' cereals:

hey're economical.

These days, when the cost of reakfast and verything else is oing up and up, 's nice to know iat Post® Super ugar Crisp®, lpha-Bits®, and oneycomb® are only about 5¢ or 6¢ n average one-ounce serving.



hey're good for you.

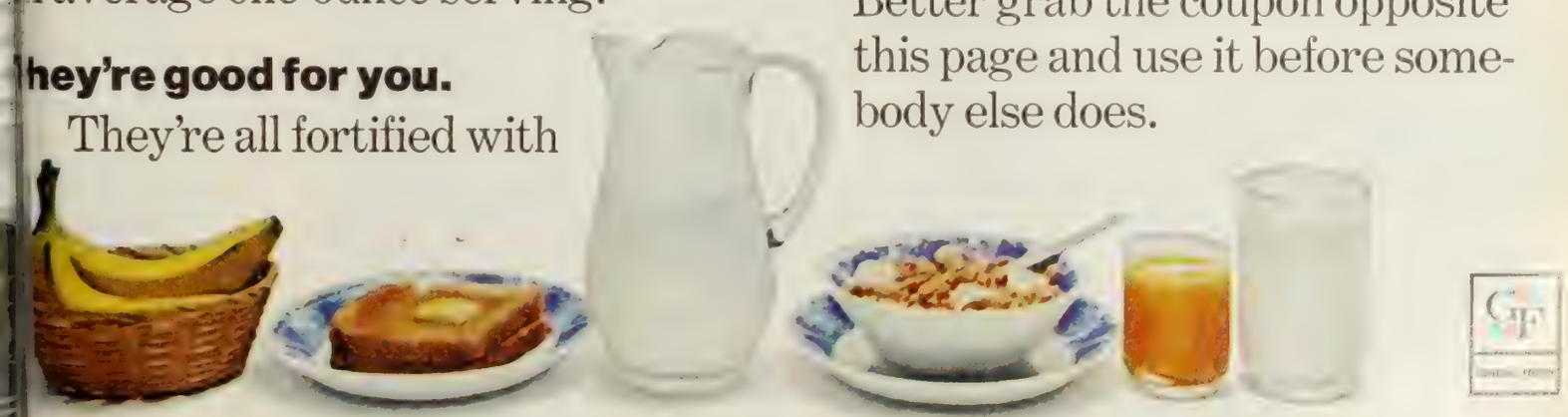
They're all fortified with 8 essential vitamins, and as part of a balanced breakfast they help give your child the nutrition he needs in the morning.

They taste great.

They're crisp and deliciously pre-sweetened and have been pleasing kids for years.

The 7¢ Off coupon.

Better grab the coupon opposite this page and use it before somebody else does.



begins on page 78

Dieting

CONFETTI CHICKEN SALAD
(154 calories per serving)
2 cups diced cooked white meat of chicken
1 cup chopped celery
½ cup shredded carrot
½ cup alfalfa sprouts
½ cup Creamy Salad Dressing
1 tablespoon lime juice
Dash salt
Dash white pepper

In bowl, combine chicken, celery, carrot, and alfalfa sprouts. Stir together the *Creamy Salad Dressing*, lime juice, salt, and pepper; pour over chick
ture, tossing to coat we
nish with "flowers" cu
turnip and carrot slices
sired. Makes 4 servings.

CREAMY SALAD DRESSI
(22 calories per tablespoo
2 hard-cooked egg yolks
1 raw egg yolk
½ cup plain yogurt
1 teaspoon very finely chop
onion
1 teaspoon lemon juice
1 teaspoon Dijon-style mus
1 teaspoon minced shallot
¼ teaspoon salt
Dash white pepper

Sieve hard-cooked egg yo
small mixer bowl. Blend
egg yolk. Add remaining
ents; beat. Chill. Use in
Chicken Salad or in oth
combinations. Makes a
cup dressing.

CALORIE COUNTER'S COLESLAW
(65 calories per serving)
2 cups shredded cabbage
½ cup thinly sliced red oni
¾ cup shredded carrot
½ cup plain yogurt
2 teaspoons cooking oil
2 teaspoons lemon juice
1 teaspoon freshly grated
prepared horseradish
⅛ teaspoon salt
Dash pepper

In bowl, toss together c
onion, and carrot. Stir
yogurt, oil, lemon juic
horseradish. Add salt a
per. Toss dressing with
mixture to coat all ingr
Chill coleslaw several
Makes 4 servings.

CUCUMBER CHEESE MO
(94 calories per serving)
1 envelope unflavored gela
1¼ cups chicken broth
2 teaspoons lemon juice
1 teaspoon prepared horse
1½ cups (12 ounces) dry c
cheese
1 cup pared, seeded, shred
cucumber (1 large cucu
1 tablespoon chopped gre
onion
Leaf lettuce
Cucumber slices

In small saucepan, soft
tin in chicken broth. S
low heat till dissolved; c
in lemon juice, horserad
tage cheese, shredded cu
and green onion. Pour in
mold. Chill till firm, 2 to
Unmold on lettuce-line
Garnish with cucumber
Makes 4 servings.

THOUSAND ISLAND DRE
(12 calories per tablespoo
½ cup plain yogurt
¼ cup peeled, seeded, fin
diced tomato
1 hard-cooked egg, finely
2 tablespoons finely diced
pepper
1 tablespoon chopped gre
2 teaspoons seeded, chop

NEW FRUIT HELPER™ TURNS A CAN OF FRUIT INTO A TERRIFIC DESSERT.

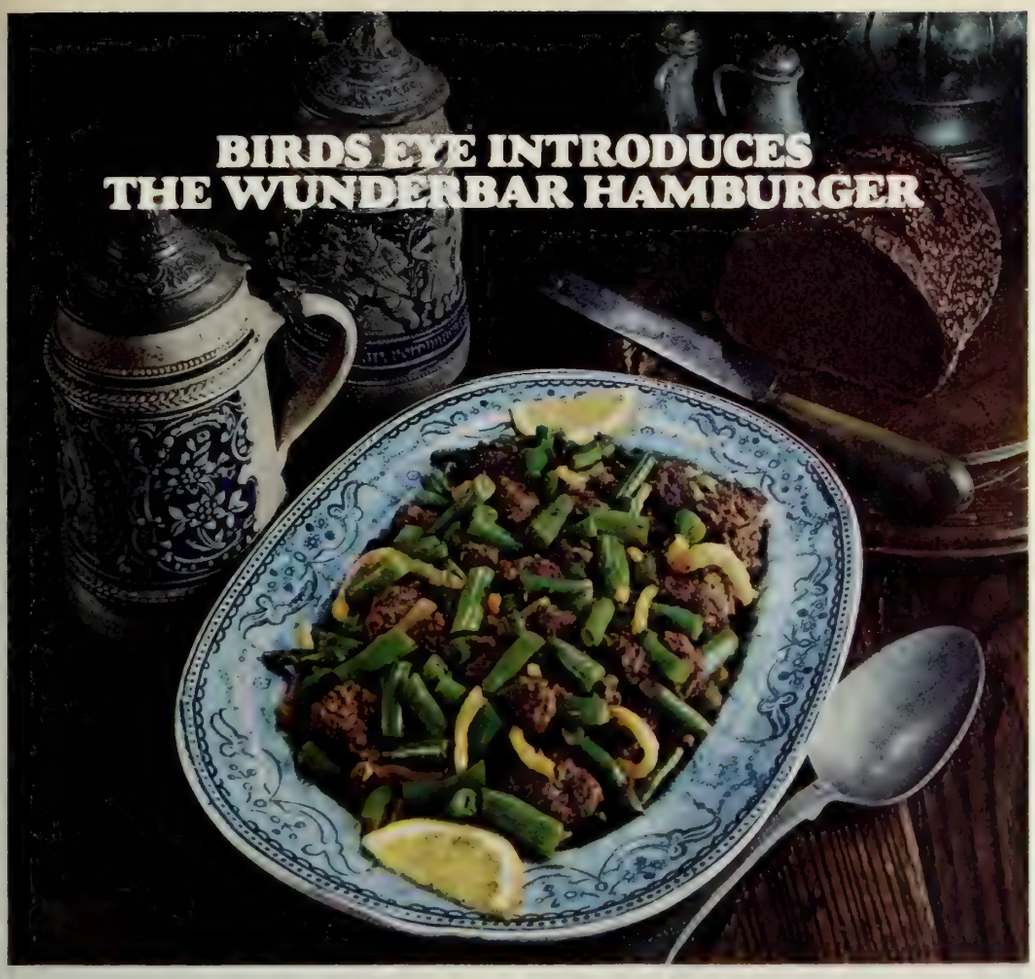
Just start with a 16-or 30-oz. can of fruit—almost any fruit. Then blend the syrup from the can with Fruit Helper dessert mix and some milk.

Add the fruit and you have created a creamy, fruity pudding ready to eat in 90 seconds. How do you top that? Simple. Sprinkle the crunchy, nutty topping over the pudding and you have a terrific creamy, crunchy dessert.

New Fruit Helper dessert mixes from Betty Crocker®



Lemon, Coconut, Vanilla and Strawberry flavors. Look for Fruit Helper in the canned fruit section.



RATHSKELLER STYLE GROUND BEEF.
3/4 pound ground beef • 1 teaspoon salt • Dash of pepper • 1/4 cup water • 1 teaspoon lemon juice • 1 teaspoon grated lemon rind • 1 package (10 oz.) Birds Eye® Bavarian Style Beans with Spaetzle with a Seasoned Sauce

Brown ground beef with salt and pepper in skillet. Add water, lemon juice, lemon rind, and vegetables. Bring to full boil over medium heat, separating vegetables with fork; stir until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Garnish as desired. Makes 3 servings.

SEE COLUMN FOR MORE RECIPES.





WITH OUR VEGETABLES AND YOUR HAMBURGER
WE CAN MAKE BEAUTIFUL DINNERS TOGETHER

MORE INTERNATIONAL DINNER RECIPES.

JAPANESE STYLE CHICKEN.
1/4 cup unsifted all-purpose flour • 1 teaspoon salt • 1/8 teaspoon pepper • 2 pounds frying chicken pieces • 3 tablespoons salad oil • 1/2 cup water • 1 teaspoon soy sauce • 1 package (10 oz.) Birds Eye® Japanese Style Vegetables with a Seasoned Sauce • Hot cooked rice (optional)

Combine flour, salt and pepper; dredge chicken pieces. Heat oil in large skillet; add chicken and brown well on both sides. Turn chicken skin-side up, and add water. Bring to a boil; cover, and simmer 30 minutes, or until chicken is tender. Place chicken on a platter and keep warm. Add soy sauce and vegetables to skillet. Bring to a full boil over medium heat, separating vegetables with a fork; stir until



sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Serve over chicken, with rice, if desired. Makes 3 servings.

DELIZIOSO GROUND BEEF. *1/2 pound ground beef • 1 can (8-1/4 oz.) tomatoes • 1/2 teaspoon salt • 1 package (10 oz.) Birds Eye® Italian Style Vegetables with a Seasoned Sauce • 1/4 pound thinly sliced American or Mozzarella cheese, cut in triangles*

Brown ground beef in a skillet. Add tomatoes, salt, and vegetables. Bring to a full boil over medium heat, separating vegetables with a fork; stir until sauce



cubes are blended. Reduce heat; cover and simmer 3 minutes. Top with cheese. Makes 3 servings.

HAWAIIAN STYLE CHICKEN.
1/4 cup unsifted all-purpose flour • 1 teaspoon salt • 1/8 teaspoon pepper • 2 pounds frying chicken pieces • 3 tablespoons salad oil • 1/2 cup water • 1 package (10 oz.) Birds Eye® Hawaiian Style Vegetables with Pineapple with a Seasoned Sauce • 1 tablespoon catsup

Combine flour, salt and pepper; dredge chicken pieces. Heat oil in large skillet; add chicken and brown well on both sides. Turn chicken skin-side up and add water. Bring to a boil, cover and simmer 30 minutes, or until chicken is tender. Place chicken on a platter and keep warm. Add vegetables to skillet. Bring to a full boil over medium heat, separating vegetables with a fork; stir until sauce



cubes are blended. Reduce heat, cover and simmer 3 minutes. Stir in catsup, and serve over chicken. Makes 3 servings.

JAPANESE STYLE HAMBURGER. *3/4 pound ground beef • 2 teaspoons cornstarch • 1/4 teaspoon salt • 1 cup water • 1 cup thin egg noodles • 1 package (10 oz.) Birds Eye® Japanese Style Vegetables with a Seasoned Sauce • 1 to 2 tablespoons soy sauce*

Brown beef well in skillet, leaving meat in large chunks. Dissolve cornstarch and salt in water; add to skillet and bring to a boil. Stir in noodles; cover and simmer 2 minutes. Add vegetables. Bring to a full boil over medium heat, separating vege-



tables with a fork; stir until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Stir in soy sauce. Makes 3 servings.

inned jalapeno pepper
easpoon salt
easpoon pepper
d greens
small bowl, combine all ingients except salad greens. l. Serve on salad greens. es about 1 cup dressing.

TARD SAUCE
calories per tablespoon)
l any remaining sauce, then at slowly to serve with vege-s at another meal—
lespoon all-purpose flour
lespoon dry mustard
spoon salt
aspoon dried dillweed
aspoon white pepper
p skim milk
ten egg yolks
lespoons lemon juice
p of double boiler, combine flour, mustard, salt, dillweed, and pepper. Stir in milk and egg yolks. Place over boiling water. Cook, stirring constantly, till mixture thickens. Stir in lemon juice. Serve hot with meat or vegetables such as artichokes, broccoli, cabbage, or Brussels sprouts. Makes 1 cup sauce.

TANGY MOCK HOLLANDAISE SAUCE
(14 calories per tablespoon)
1 egg yolk
Dash white pepper
Dash celery salt
Dash ground nutmeg
¼ cup skim milk
1 teaspoon lemon juice
½ cup plain yogurt
Few drops yellow food coloring
In small bowl, beat egg yolk till light yellow, about 3 minutes. Add pepper, celery salt, and nutmeg. Slowly add milk, beating constantly. Add lemon juice. Turn into top of double boiler. Place over boiling water; cook, stirring constantly, till mixture thickens. Fold in yogurt; heat slightly. Stir in food coloring till mixture is a creamy yellow. Serve over hot cooked asparagus or broccoli. Makes ⅔ cup sauce.

STUFFED PEPPERS SICILIAN
(169 calories per serving)
3 medium green peppers
3 tablespoons finely chopped onion
2 tablespoons finely chopped celery
1 small clove garlic, minced
1 tablespoon cooking oil
½ pound ground veal *or* ¼ pound

continued

continued

Dieting

ground veal and ¼ pound extra lean ground beef
¼ cup tomato puree
¼ teaspoon salt
⅛ teaspoon pepper
1 tablespoon grated parmesan cheese

Slice tops from the peppers; chop tops and reserve. Scoop out seeds and membrane from peppers. In skillet, cook the onion, reserved chopped green pepper, celery, and garlic in hot oil till tender. Add meat; cook till browned. Spoon off excess fat. Stir in tomato puree, salt, and pepper. Sprinkle additional salt inside pepper shells. Spoon meat mixture into the peppers; sprinkle cheese over filling. Place in small baking dish. Bake, uncovered, in 350° oven for 35 minutes. Makes 3 servings.

BEEF BOURGUIGNON
(156 calories per serving)
¾ pound lean beef (such as tenderloin)
2 teaspoons cooking oil
1 medium onion, sliced
1 tablespoon all-purpose flour
½ cup dry red wine
¼ cup chicken broth
⅛ teaspoon dried oregano, crushed
⅛ teaspoon dried thyme, crushed
1 small bay leaf
Salt
White pepper
3 fresh mushrooms, sliced

Cut beef into ½-inch cubes. In 2-quart saucepan, cook meat in hot oil till browned. Add onion and flour, stirring to coat. Add wine, chicken broth, and seasonings. Cover and cook over low heat 1¼ to 1½ hours. Add mushrooms 5 minutes before end of cooking time. Remove bay leaf before serving. (If mixture seems too dry, add additional chicken broth.) Season to taste with salt and pepper. Makes 4 servings.

BEEF AND MUSHROOM OMELET
(133 calories per serving)
2 ounces (¼ cup) lean ground beef
1 tablespoon chopped onion
1 large fresh mushroom, sliced
Dash seasoned salt
1 egg
1 egg white
2 tablespoons skim milk
1 teaspoon grated parmesan cheese
½ teaspoon snipped chives
Dash salt
Dash pepper
1 teaspoon cooking oil
Whole green onions

In small skillet, cook beef, onion, mushroom, and seasoned salt till meat is browned and onion is tender. Cover and keep warm. In mixing bowl, beat together whole egg, egg white, milk, cheese, chives, dash salt, and pepper. Lightly brush an 8-inch skillet with oil; pour in egg mixture. Cook 1 to 2 minutes, running spatula around edge of egg mixture to let uncooked portion run underneath. Place meat mixture across center of omelet. Fold right side of omelet over filling, then overlap with left side of



omelet, sliding onto heat-proof platter. Place in 400° oven for 1 minute. Garnish with green onions. Makes 2 servings.

Note: Double recipe to match color picture.

MICHEL'S COQUILLES ST. JACQUES
(155 calories per serving)
1 pound fresh or frozen scallops
⅓ cup sliced fresh mushrooms
1 tablespoon butter or margarine
1 tablespoon lemon juice
2 tablespoons snipped chives
2 tablespoons snipped parsley
½ cup dry white wine
¼ cup water
2 teaspoons cornstarch
¾ cup skim milk
Salt
White pepper
4 teaspoons fine dry bread crumbs
Dash paprika

Thaw scallops if frozen. Wash scallops; cut up any large pieces. In large skillet, cook mushrooms in the butter or margarine and lemon juice for 5 minutes. Add scallops, chives, parsley, wine, and water. Cover and cook 5 minutes or till scallops are tender. Strain, reserving liquid. Return reserved liquid to skillet. Boil about 5 minutes or till liquid is reduced to ½ cup. Blend cornstarch and milk; add to liquid in skillet. Cook and stir till mixture thickens and bubbles. Return scallop mixture to skillet. Season to taste with salt and pepper.

continued

Squeeze Parkay Margarine. Squeeze it for a lot of reasons.

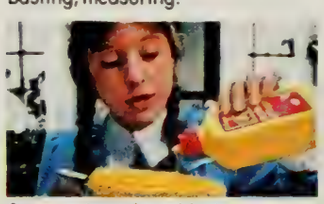




Squeeze it for speed and convenience in the kitchen. It's great for cooking. For sautéing, basting, measuring.



Squeeze it because it's high in polyunsaturates. If you're on a low cholesterol diet, Squeeze Parkay really makes sense.



Squeeze it at the table. It tastes great. The texture's creamy and all ready to go on hot foods.



Or, just maybe, squeeze it because you like to squeeze it.

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Your husband always eats his peas. With pearl onions, he might even notice them.

egular vegetables are fine. But your husband probably doesn't notice them. After all, u can get tired of anything after twenty or thirty years.

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Tender garden peas and tiny tasty onions all mixed gether.

They taste better than just peas. And better an just onions.

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Birds Eye® Combinations. The first vegetables your husband might even notice.

(Above photograph is 1 1/4 times actual size.)

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Save money your heating bill this wint

Everyone is concerned the with cutting his budget w possible. For starters, h tips to whittle your heat this winter.

• When the sun is shinin all window shades and cur let the warmth stream i house. At sundown, close dow coverings and let th air space act as insulation the cold.

• Keep the warm air ins to reduce in-and-out tr doors are closed as often sible. Keep storm doors securely.

• Be sure the fireplace da closed except when the f is in use.

• If you like fresh air, es when you sleep, be sure t air isn't cooling your ther A thermostat located in area of the house will ca furnace to cycle on and h rest of the house more th want. Air out your house at a time. If you like ni keep the bedroom door

• Keep all heaters free fr structions. Heat can't ge room if you cover the rad block the heat duct.

• Set your thermostat at a ably comfortable temper about 68 degrees—and there. If you normally ke house much warmer—at degrees—then dial down t 68 degrees at night. (Whet how much you save by tu thermostat down are fa simple questions. They de many variables—the sett normally keep it at, the temperature, how well you is insulated, the orienta your house to the sun, an factors.)

• Learn to live with a low perature. Wear warm c sweaters, wool shirts.

• Be sure your furnace clean. Accumulated dirt c you money. The filter sh changed or cleaned sever during the winter. Mos cost about a dollar and ar able at hardware, groce drugstores.

• Insulate your home. Sea cracks and crevices und and doorways. Be sure w have a tight seal.

• Close off the heat outl room that's not being use as a basement, extra be storage room, or attic.

on page 12

ow to ve gas

les accordingly. For high-avel, there's a fuel savings rly 50 percent when you t 50 miles per hour rather). If you drive 60 miles per rather than the suggested equent compromise, you'll n ten percent fuel penalty. t trips around town can be s wasters if you don't plan o avoid duplicating routes necessary stops. Try al- to maintain a steady, speed that flows with the Avoid excessive braking ort bursts of speed. Don't e in the traffic-light derby; , pretend there's a raw egg n your foot and the accel-pedal. Often the need for can be eliminated by an ient in speed. If your car nual transmission, shift as , the engine has reached it speed to run in the next gear without faltering. ays off. Low gear at 20 ves only about 66 percent mileage you would get in he same speed. In second, et nearly 85 percent.

g is a wasteful practice uires a rich fuel mixture. you're only briefly parked ed, switch off the ignition. l minute of idling takes s than is required for a

ng in hilly country always es more gas, but you can e the loss by gradually ng speed as you approach ou may not have to shift ver gear, but if you do, ait until the car starts to re shifting. Never accel-nce you have started up because the increase in small and the gas con-n high.

ner conditions, too, can soline mileage. Rain and n reduce mileage up to a r gallon. Headwinds in ed economy runs have s much as ten miles per fference in fuel consump-ou can't do much about ctors, but if you are fore-of foul weather and can your plans, it's best to e driving until conditions . You can't avoid cold tures; either, but you can from driving fast while gine is reaching normal g temperature. It's best about 30 seconds after the car before you put it then proceed slowly for ten minutes. ■

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Kenner

begins on page 72

Houseplants—propagation

Houseplants need to be renewed occasionally—when they get too big or too leggy, or if part of the plant starts to die and you want to try to save it. Follow these tips on propagation.

A common way to propagate many houseplants (coleus, begonia, aluminum plant, impatiens) is by taking stem cuttings (about four inches long) from the tip. Remove leaves from the part of the stem that goes into the rooting medium—a preventive measure against rot and loss of cuttings. Dip the cut end in a root-promoting powder and insert in a container of moist coarse sand or perlite-peat mix. Expect new roots in about two weeks. When cuttings are rooted, pot plants in loose soil.



Photographs: Hopkins

Some plants (dieffenbachia, rubber plant, schefflera, dracena) lend themselves to air layering—and need it when they drop lower leaves and become leggy. Make a cut partially into the stem at a strong angle and insert a match to keep the cut open. Mold a baseball-size wad of wet sphagnum around cut, enclose in plastic sheet, and tie, top and bottom, to hold moisture. When well-developed roots appear, cut off top and pot it up. Don't discard the stubby base—it will grow into a new plant.



Division is the easiest way to increase clump-forming plants, such as this self-heading philodendron—also Boston fern, asparagus fern, aspidistra, and spathiphyllum. Generally, you can pull plant sections apart with a few gentle tugs. But on occasion, roots are tough and hopelessly intertwined. Then, you'll need to take a big knife and cut the sections apart. It may sound like mayhem, but the divisions will survive. Just pot them up, water well, and shade them till they're established.



Photographs: Stanley

If you have semiwoody plants, such as rubber plant, croton, or hibiscus, you can propagate them with a single leaf taken with a bud and piece of stem. It's a great way to get a number of new plants without disfiguring the original one, which may also be rare and valuable. Insert cutting in a handful of moist sphagnum moss in a plastic bag. Tie bag firmly around stem of cutting and set it on a windowsill away from sun. When roots form, plant in a three-inch pot.



Houseplants—common culture problems

Even easy-to-grow houseplants are subject to certain problems. It helps to know what to expect. Some troubles can be corrected, but others require preventive measures on your part.

If your plants look anemic and stunted, they're not getting enough light. It's a simple matter to move them. Some common houseplants normally tolerate less light than other plants—but even they will not thrive in the dark. Reasonably good light is a must if plants are to be healthy and robust. If you have a plant that looks like this (right bottom) it has been in too dark a spot. Even though you thought it was close enough to a window, the reaction of the plant proves otherwise. Try it in different locations until it responds strongly—and puts out healthy new growth resembling that of the vigorous plant, right top.



More plants perish from overwatering than from underwatering. Excessively wet soil crowds out the oxygen needed by roots to support leaves. Even plants that normally require a lot of water can be killed—if soil is not porous enough to allow good drainage. A common fault is to conscientiously soak a plant every day. These two coleus (same size and variety) were potted at the same time. The one on the left was watered only when soil surface started to dry. The other received daily soakings—with the result that some leaves turned lackluster, others dropped, and the mistreated plant is now ready to give up the fight.



It isn't natural for an African violet leaf to droop limply over the edge of the pot. Look closely and you'll find that the leaf is discolored and perhaps even mushy. It's a goner, and rot can spread to other leaves. Cut off the ailing one, with stem, as close to the crown of the plant as possible. This trouble results when a leaf stem touches excess soluble salts on rim of pot. The salts result from continued heavy feeding. To prevent the problem, reduce fertilizer. Cover pot rim with foil so leaf stem doesn't touch the salts if they accumulate in spite of other precautions.

continued



Photographs: Hopkins



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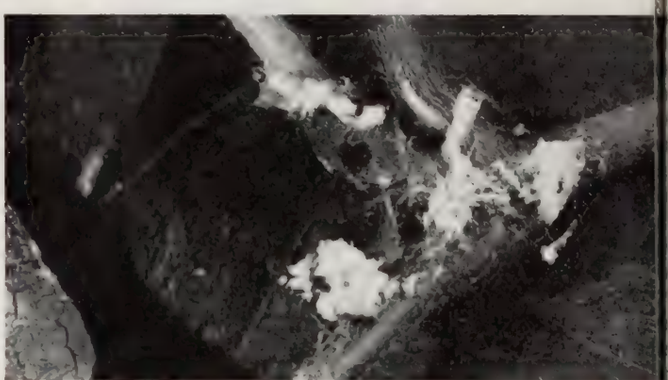
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continued

Houseplants—insect problems

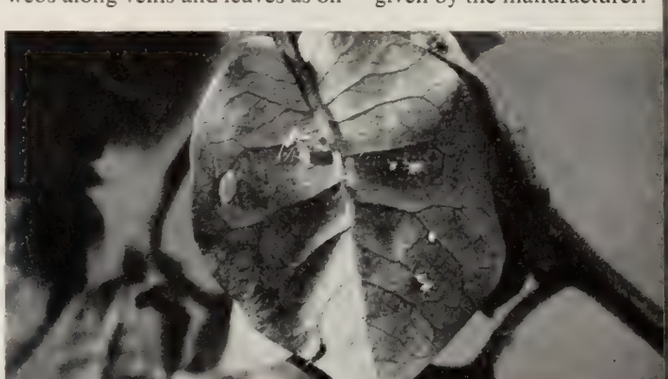
Keeping your houseplants free from insects requires eternal lance. Check regularly for pests and take quick action when find them—to keep minor troubles from turning major.



Your worst houseplant headache is apt to be mealybugs—white cottony blobs that appear on almost all parts of a plant. If they're on hairy-leaved plants or spiny cactus, dab the bugs with a cotton swab dipped in rubbing alcohol; if on smooth plants can get results of sorts by ing them off. Mealybugs hav reputation of being tough to trol because they are well tected by a water-resistant secretion.



Red spider mites descend on houseplants like thieves in the night. You don't see the mites until they've been there awhile and increased. They feed underneath the leaves, spinning fine webs along veins and leaves as on this dwarf palm. Leaves turn green or grayish and the sur are stippled. To control, plant foliage a weekly bat soapy water. Or, use a spe miticide, following direc given by the manufacturer.



Photographs: Hopkins

Aphids are much easier to control than red spider mites—fortunately, because the plants attacked by aphids are legion. The insects cluster in the open where they are readily detected. The most common ones are greenish white or black. They're not cult to control but you must after successive generat Swish foliage in soapy wate use a special houseplant ins cide according to the direct given by the manufacturer.

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TRAVEL WEST

Tony Swan, *Western Travel Edi*

An insider's guide to family vacations for readers who live the Rocky Mountain territory or Far West

Lake Chelan in winter



Washington's Lake Chelan is a bit like an iceberg; the biggest (and, in this case, the best) part is hidden from the casual eye. You can reach and skirt its popular resort-lined southern shore on US-97 and depart convinced it's rather an ordinary body of water, surrounded by unremarkable dry brown hills. But forsake your car, take the time to explore, and you'll discover Chelan offers some spectacular mountain scenery.

This fjord-like waterway knifes

Washington



55 miles into the heart of the North Cascades, flanked on both sides by dense stands of pine growing right to water's edge and sheer rock walls laced here and there by delicate ribbons of waterfalls. Roadless for most of its length, it can be explored only by boat or floatplane. Its upper reaches penetrate the North Cascades National Park complex (specifically, Lake Chelan National Recreation Area).

Midwinter is an excellent time to visit Chelan. Heavy snows drive seldom-seen wildlife do within convenient viewing ra and the Stehekin Valley, bey the head of the lake, is ide suited to easy family snows or cross-country ski excursi The solitude of this wildern tranquil under its blanket white, can offer some profo experiences.

Getting uplake is half the f From the town of Chelan, have two choices: a three-an half-hour ride aboard the ex sion boat, *Lady of the L* ($7.50 round trip; children 6 half fare), or a 25-minute fl plane flight ($28 round trip). can make the round trip by b in a single day, with a half-h stop at Stehekin for lunch, most people prefer to stay Stehekin at least overni Since the boat runs only ev other day in midwinter, you wish to fly one way.

Before you go, stop in at National Park Service office Chelan's main street. Along wall, you'll find a wealth printed material including m detailed lists of flora and fa down to the last Alpine La and Trowbridge Shrew, an description of snowshoe hi routes. In addition to wea heavy outdoor clothing, be to take along a good pair of oculars for spotting wildlife, a vacuum bottle of hot choco or coffee for the long boat r

The trim white *Lady of Lake* (or her smaller si *Speedway)* departs from the C lan Boat Company dock pro ly at 8:30 a.m. on Mond Wednesdays, Fridays, and S days, October 1 to May 14 Sunday boat January 1 to Fe ary 14). Its cozy cabin prov 360-degree views of the pas shoreline, and the skipper o a running commentary on tory, scenic highlights, and l tales.

For the first hour you cr the placid waters of the lo lake to Twenty-Five Mile Cr By midlake, Chelan is begin to look like real wilder Mountain walls squeeze the to less than a mile from ban bank, and the last sign of hu

abitation is left behind. The ver-cal scale here is no illusion—helan is the deepest gorge in orth America (8,500 feet from ke bottom to ridge crest), and me 1,600 feet of water make it is country's third deepest lake. You're likely to spot shaggy hite mountain goats along the oreline if you watch carefully. rangely enough, these shy eatures don't seem to fear the oat and may remain motionless r long enough for some care-l telephotography.

Stehekin, at lake's end, is a ny isolated community of some inhabitants centered on the at landing, a store, restaurant, d resort. North Cascades dge, a comfortable motel, has e only accommodations open winter (doubles, about $13; ite Stehekin, Washington 852 for reservations). Take ne to visit the small photo shop re. The owner, a local resident r about 30 years, has an excel-nt collection of backcountry d wildlife photos for sale.

The best way to savor this win- wilderness is by tramping n snowshoes. Nothing disturbs e silence but the soft swish-ish of your shuffling gait, and leisurely pace allows you to cover the tracks of snowshoe bits and tiny rodents. If you've ver tried it before, you'll find owshoeing isn't nearly as stren-us as it looks. Within a few nutes, you swing into the slow-tion stride, tips raised, tails gging.

There are several good hikes choose from in the vicinity. e easiest route, particularly if have small children along, the seven-mile round trip to inbow Falls. Ask the restau-nt to pack a box lunch and a cuum bottle of hot chocolate l set off north up the Stehekin lley Road. It's a 24-mile track, h dead ends at both extremes. l carries park shuttle buses the summer. At this time of r, you'll have it all to yourself. The route is virtually dead el and winds first along the up- lakeshore, then through thick ifer forest toward the tower- backdrop of Rainbow Ridge. ng the way, you pass Wash-ton's last one-room school, a log cabin serving a dozen dents in eight grades. If your ty is quiet, you're likely to t a deer or two along here.

Rainbow Falls, a 312-foot aract that plunges from cliff- in two stages, lies about a ndred yards to the right of the d. If the weather is warm, 'll hear the falls long before get there. If the weather has n cold enough, it will be silent, ased in a huge sheath of ice. ep watch for golden eagles; they nest and hunt along the cliffs.

If you still have the energy, return via the Stehekin River Trail (otherwise retrace your steps along the road). You can rent snowshoes in Stehekin for 75 cents an hour, or in Seattle at a number of sporting goods stores for about $3.50 a week. Guides are also available at Stehekin.

In the last couple of years, ski touring has also become popular in this part of the national park complex. You can arrange to stay overnight at one of the winter cabins located farther up the valley road, and all inclusive, six-day guided tours are available for about $150 per person.

A crackling fire in the big stone dining room fireplace at Stehekin is especially welcome after a day of vigorous activity in the crisp winter air. But true appreciation of this splendid solitude comes when you settle into a deep leather armchair in the spacious second-floor lounge of the lodge to watch the last rays of sun touch the peaks across the way and realize all the quiet is due to the absence of television, telephones, and traffic.

From Seattle, you can reach Chelan in about four hours via either Snoqualmie Pass (I-90) or Steven's Pass (US-2) to Wenatchee, then north on US-97.

Accommodations in the resorts on Chelan's south shore are somewhat expensive and you may prefer to stop overnight in Wenatchee, then get an early start for the remaining 35 miles to the boat landing.

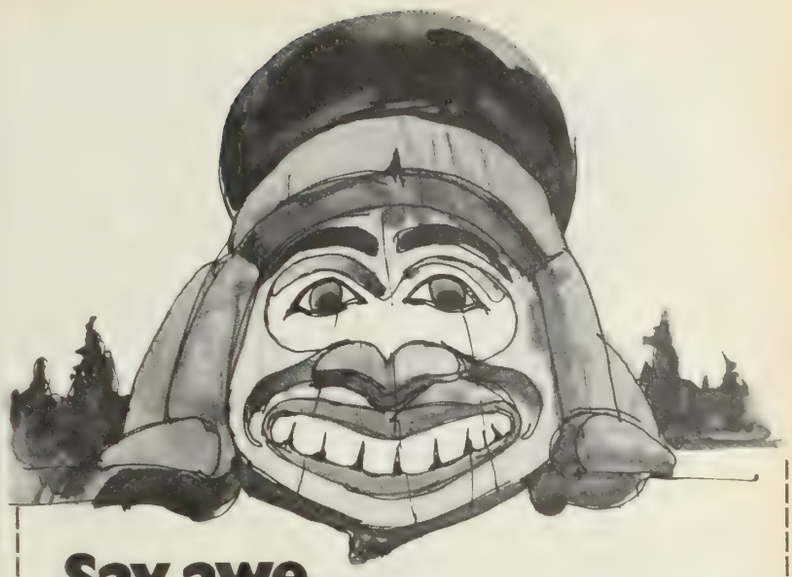
For additional information write the superintendent, Lake Chelan National Recreation Area, Chelan, Washington 98816, or the Washington State Department of Commerce, Travel Development Division, General Administration Building, Olympia, Washington 98504.

Sunset Crater—Wupatki: Indian boomtown

There are places where it is possible to feel a completely new relationship with the past, places which so disorient you that instead of seeing the differences between your own and another culture, you see only similarities. Sunset Crater-Wupatki National Monument is such a place.

Sunset Crater-Wupatki is at the eastern end of the San Francisco Peaks, just 11 miles north of Flagstaff, Arizona. A 36-mile loop road off US-89 leads you past Sunset Crater on the south

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end (elevation 7,000 feet), through rolling country punctuated with lava flows and cinder fields, and on down to the Wupatki ruins at 4,900 feet, and some 20 degrees warmer.

The story of Wupatki is closely tied to the history of the Sunset Crater volcano 18 miles to the south. Since approximately 600 A.D. a few Sinagua people had farmed the soil of the great San Francisco Volcanic Field. Then in 1065 there was a violent volcanic eruption and a 1,000-foot cinder cone—Sunset Crater—built up over a period of months. However disastrous the eruption had seemed to the fleeing Indians, it turned out to be a blessing, for the prevailing winds deposited nearly all the ash and cinder over an area directly



northeast of the volcano. The cinder field formed an excellent water-holding mulch, making dry-farming possible.

As word of the rich new farmland spread, a sort of prehistoric land rush took place. Members of the Anasazi, Sinagua, and Cohonina tribes moved in and lived in harmony with one another. Where the pre-eruption people had lived in pit houses, the new society built fine masonry pueblos, some rising three stories with as many as a hundred rooms.

There are over 800 known ruins in the monument, though few have been excavated. One of the largest is Wupatki itself, also the site of an amphitheater and a masonry ball court. The Citadel is another large ruin of perhaps 50 rooms, and within one square mile of the Citadel there are more than 100 smaller sites, many of them as impressive as the large ones. Situated usually with a beautiful view and a dry wash or creek nearby, these five- and six-room houses still look like perfectly fine places to live today.

Sadly, Wupatki's unique community experiment lasted less than two centuries. The winds that gave the region its cinder-mulch gradually stripped it away again, scattering it across the desert and piling it in dunes too deep to allow the planting of crops in the soil beneath. A severe drought hit the area in 1215 and by 1225 no one was left. For one brief moment, though, the peoples of Wupatki lived in a truly complex intergroup community. It is the only instance of such mixing among the Indians that we know of.

Wupatki is a lesson in perspectives. Or it is simply a beautiful place. Either way, it deserves a visit. There are visitors centers at both Sunset Crater and Wupatki. At Sunset Crater, the Lava Flow Trail, an easy 30-minute walk, leads through 18 numbered points of interest. A 15-cent guide booklet is available for Lava Flow Trail, on which the main attractions are an ice cave (the ice lasts until about mid-July), "spatter cones," and a field of very rare lava "squeeze-ups."

The Wupatki area begins [illegible] miles farther along the roa[illegible] Each of the featured ruins—fro[illegible] stark Wukoki to the giant W[illegible] patki and Citadel to idyllic L[illegible] maki—is fully worth seeing. [illegible] 15-cent guidebook is availab[illegible] for Wupatki Ruin, the ampl[illegible] theater and ball court.

Both monument visitors ce[illegible] ters are open daily 8-7, June [illegible] through Labor Day, and 8-5 t[illegible] rest of the year, though it's co[illegible] in the winter. National Park Se[illegible] vice tours are available if a[illegible] ranged well in advance. A U.[illegible] Forest Service campground [illegible] open May 15-Labor Day at t[illegible] south end of the loop road. The[illegible] are also two year-round priva[illegible] campgrounds between Flagsta[illegible] and the south entrance. Water [illegible] available at the visitors center[illegible] but there is no food or gasolin[illegible] so arrive prepared.

Sunset Crater-Wupatki is l[illegible] cated on US-89, which is also t[illegible] main road to the Grand Canyo[illegible]

For further information, co[illegible] tact the monument's superinten[illegible] ent at Tuba Star Route, Flagsta[illegible] Arizona 86001.

Alcatraz: "The Rock" in park clothing

Alcatraz is open for busine[illegible] again—but you don't need 20-t[illegible] life or Machine Gun Kelly cr[illegible] dentials to get in anymore. T[illegible] grim old lockup on Alcatraz I[illegible] land, for 29 years America[illegible] toughest prison for some [illegible] America's toughest underwor[illegible] customers, is now a unit of t[illegible] new 34,000-acre Golden Ga[illegible] National Recreation Area. T[illegible] island is open to the public f[illegible] the first time since it fell into U.[illegible] hands in 1846 with the collap[illegible] of the tottering Mexican rule [illegible] California.

Alcatraz tours are handled [illegible] groups of 25, with National Pa[illegible] Service guides giving informati[illegible] on the fort, the prison, and ge[illegible] eral history of the island. T[illegible] itinerary includes the prison a[illegible] ministration area, the mess ha[illegible] main cellblocks, and exerci[illegible] yard. The tours last about [illegible] hour and are free.

You can visit the island a[illegible] day of the week. Tour boats, o[illegible] erated by Harbor Tours, Inc., d[illegible] part from Pier 43, near Fishe[illegible] man's Wharf, at half-hour inte[illegible] vals from 9 to 3:30. The rou[illegible] trip (reservations needed) is $2 f[illegible] adults, $1 for children under [illegible]

For further information on A[illegible] catraz, write the Golden Ga[illegible] National Recreation Area Hea[illegible] quarters at Fort Mason, S[illegible] Francisco, California 94123.

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Designer: James Childs Morse, AID



nslucent window shade and match- ıade cloth valance set the mood of city in this eating area. The easy- ɔlicate background emanates from indow treatment. The same woven used on the window covers the ceil- olding and sections the wall.

Photographs: Hedrich-Blessing. Source: Ur Nook



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Milkman. The one that tastes good.

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With a little imagination, you can make nearly any window an integral part of a traditional room setting. These leaded stained glass windows, salvaged from a local church, camouflage modern sliding glass panels. The stationary center section is secured at the top with pegs and rests on a marble ledge. Piano-hinged side panels swing out for ventilation.

What started out as two ordinary casement windows are now this living room's center of interest. Pinch-pleated tieback draperies, repeating the same bold flower pattern used to cover the wall and sofa, hang from brass rings on a decorative wooden rod. To further enrich this treatment, opaque floor-to-ceiling under curtains made of a solid contrasting fabric are shirred onto small rods.

Photographs: Lizanti



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Following the doctor's orders isn't always easy. So when he recommends a low saturated fat diet, it's nice to get some help. Unlike the high-priced spread, Saffola (and, in fact, most margarines) contains no cholesterol. But that's only the beginning. Saffola Margarine is made from safflower oil—lower in saturated fats, higher in poly-unsaturates than corn oil. In conjunction with a low saturated fat diet, Saffola actually helps reduce the level of blood cholesterol.



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Artful backdrop for conversation

Photograph: Hedrich-Blessing. Designer: Lee Olms, Famous-Barr. Source: Lois Rea



Identically framed black and white prints from an old art boo wrap around this conversation corner. A symmetrical arrang ment such as this works best in a room with plain walls where there is no strong point of interest.

Photograph: Bill Mar



An informal arrangement of prints and paintings helps defi this conversation area. Pictures hang low over the sectio furniture for better visibility. Simple, narrow frames comp ment the mixture of matted and unmatted pictures.

ghum cialties

ey call molasses south of son-Dixon line is more ıan not really sorghum s. It's made by grinding sing the juice from sweet ı stalks, then boiling e juice. While it looks like ıe molasses and can be same way, sorghum has all its own. You'll see ou try this sassy barbecue ıd satisfying bread.

Photographs: Dieter



M BRAN BREAD

ices of this moist bread with a pot of homemade ans—

hole bran cereal
ttermilk
sins
rghum
cked brown sugar
oons cooking oil
-purpose flour
ns baking soda
on salt

in in buttermilk. Cover ith a little boiling water; 10 minutes. Drain. Com- hum, brown sugar, cook- ınd raisins. Thoroughly her flour, baking soda. Add bran mixture and mixture; stir till thor- ombined. Turn into 2 ınd floured 7½x3½x2- pans. Bake in 350° oven minutes. Makes 2 loaves.



ION SPARERIBS

use the sauce to baste ts, too—

rghum
epared mustard
egar
ons worcestershire
on bottled hot pepper
½ teaspoon salt
4 pounds pork spareribs

In small saucepan, blend sorghum into mustard; stir in remaining ingredients except ribs. Heat to boiling. Place ribs, meaty side down, in shallow roasting pan. Roast in 450° oven for 30 minutes. Remove meat from oven; drain off excess fat. Turn ribs meaty side up. Lower oven temperature to 350°; continue roasting for 1 hour or till tender. During last 30 minutes of roasting, baste frequently with sauce. To serve, garnish with parsley and candied kumquats, if desired. Makes 6 to 8 servings.

Send a great team to the bowl.

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French's Bel-Air CHEESE & GARLIC CROUTONS

French's we make your life delicious

LOVE FOOD FROM CALIFORNIA

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Fitting another function into a family room



Photographs: Hedrich-Blessing. Designer: Alan Porthoy. Source: Jessie Walker

The low, unobtrusive divider creates a separate area in this basement recreation room for a home office—and provides a tailor-made spot for the TV. Sliding doors on the side facing the office area open to make the storage space inside accessible.



The home office features a built-in desk and lots of storage space. Supplies are housed in the cabinets to the left of the knee space and above the writing surface. The 60-inch-wide closet provides additional storage.

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New way to put fruit on your cereal.

Scrumptious Apricot Beauty Pie made with California Apricots and Kellogg's Special K.

If you've been looking for a truly new dessert idea, you've found it. Kellogg's® Special K® puts crisp in the crust—nutrition, too. Apricots flavor the filling with delicate tartness. They're also a rich source of vitamin A. Apricot Beauty Pie is a winner your whole family is likely to like.

Apricot Beauty Pie

2 tablespoons regular margarine or butter
1/4 cup corn syrup
1 6-oz. package (1 cup) semi-sweet chocolate morsels
2 cups KELLOGG'S SPECIAL K cereal

* * * * * * * *

1 17-oz. can apricot halves, well-drained, reserving syrup
1 3-oz. package orange flavor gelatin
1 pint (2 cups) whipping cream, chilled

1. Place margarine, corn syrup and chocolate morsels in medium-size saucepan. Cook over low heat, stirring constantly, until chocolate is melted and mixture is well-blended; remove from heat. Add Special K cereal; stir until cereal is well-coated. With back of tablespoon press cereal mixture evenly in bottom and around sides of lightly buttered 9-inch pie pan to form crust. Chill.

2. Reserve 8 apricot halves for top of pie. Cut remaining halves into small pieces for filling. Set aside.

3. Place gelatin in small mixing bowl. Measure one cup of the reserved apricot syrup into small saucepan; heat until boiling. Add hot syrup to gelatin; stir until dissolved. Chill until gelatin is consistency of unbeaten egg whites. Meanwhile, place whipping cream in large mixing bowl; beat until soft peaks form. Set aside.

4. Whip chilled gelatin until thick and foamy and double in volume. Gently fold gelatin and apricot pieces into whipped cream. Spoon filling into piecrust. Chill one hour or until set. Cut each reserved apricot half into 2 pieces; arrange on pie just before serving.

Yield: 8 servings

Note: To cut pie and remove pieces easily, place hot, wet towel under bottom and around sides of pie pan; allow to stand a few minutes.

For additional apricot recipes, write California Apricot Advisory Board, 1295 Boulevard Way, Walnut Creek, California 94595.

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Mood-making fireplaces

As a natural center of interest, a fireplace is often the pivot point in a room's furniture arrangement. A fireplace can als determine the style, mood and atmosphere of a room. A furnishings used in a room should be harmonious to th architectural style of the fireplace. Here are two examples o fireplaces that set off distinctive decorating schemes.

Photography: Warren Reynolds & Associates. Source: Barbara Gardner



The textural combination of rough brick and cedar beams us in this fireplace creates a decidedly masculine atmosphe Traditional furnishings, numerous books, heavy provincial furn ture, antique metal and mellow wood all contribute to this rus and relaxed feeling. The shag carpeting on the floor balanc the texture of the slat-board ceiling.

Photography: Mike Dieter. Architect: Linscott and Haylett, AID. Source: Elizabeth Lunt



Streamlined and unadorned, this marble fireplace and rai hearth epitomize the clean simple lines and unembellish forms characteristic of the contemporary style. The firepl wall, flanked by walnut-stained pecan paneling and louve shutters, makes a dramatic background that's perfect for d playing primitive and modern art objects.

ı can't
ıt beans

tritious full-flavored budget prices, you at rib-sticking dried hes.

e from black beans, beans, black-eyed pink-marked cran- ans, red and kidney garbanzos, as well as of white beans such and Great Northern.

ıd store

nd of raw beans is ap- ely 2 cups uncooked ups cooked beans. eans which are uni- ize and quality. Pack- ns are usually sorted ıed before packaging, only need rinsing. If beans in bulk, sort , discarding broken ged ones, and wash is clear.

ked beans may be their package on the shelf for about one u can keep cooked d bean dishes, cov- he refrigerator one to s, or you can keep rapped and in the p to one month.

sary to soak beans to he water lost in the rocess. If you forgot the beans overnight a bean dish for din- the quick-soak meth- nply measure the of cold water called ıe package or in the o a large, heavy pot. hed beans and bring ; simmer 2 minutes. rom heat; cover, and 1 hour. Then cook to recipe directions. serve the dish in e hours, but don't this time as work! s require little watch- y simmer gently. time permits, use the l method. Measure water into a large ot and add washed over and let stand .

ever method you use, nutritious soaking use in cooking.

ıooking

eans gently and stir a tablespoon of butter, marga- lly to help them re- e. This also prevents m sticking to the bot- ıe pot and burning. t foaming by adding one-third full. Add the one tablespoon fat also.

For extra flavor, add these ingredients during the cooking time: onion, green pepper, cel- ery, pimiento, meat, or herbs. Always add high acid foods—such as tomatoes, lemon juice, vinegar, or wine—close to the end of the cooking period be- cause acid slows down the softening of the beans.

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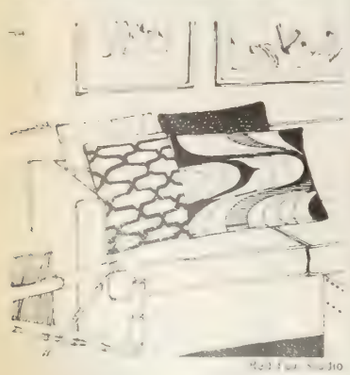
Pillow strategy

Pillows can punch up a room in short order. By repeating the color of the draperies, chair upholstery or floor covering, a pillow collection can help create visual unity within the room. Or, by echoing a minor color from your color scheme, pillows can add a sharp accent to your decorating scheme.

While pillows can do much for a room's color balance, you can't just toss them on a chair, bed or sofa and expect great results. Arranging pillows is a bit of an art, like arranging pictures in a wall grouping. And there are almost as many ways to arrive at an attractive arrangement. Here are some examples of effective pillow strategy along with a few helpful hints. Give them a try in any of your rooms and then go on to develop your own pillow ploys.



To inject touches of your personality into a room, use pillows you have embroidered yourself or made from fabric remnants of a favorite dress. Combine square pillow with rectangular or round ones. And then for variety, you might include a few tasseled beauties.



A large piece of furniture calls for pillows of similar scale. Small pillows, even in quantity, seem lost on a sizable sofa and create a cluttered look. How much better to choose some jumbo pillows which look as if they belong, and also promise deep-down comfort.

THE RICE TRUTH

The truth is nobody has ever told women the truth about rice. And so, everyday, women who can whip up the noblest of dishes... flunk out on rice. The reason? A stubborn, pervading myth that a rice is a rice is a rice. Not so says this writer who reports on how you can separate the mediocre from the outstanding.



Virtue Triumphs Over Thos... Chefs That Sold The Public... The Other Rice

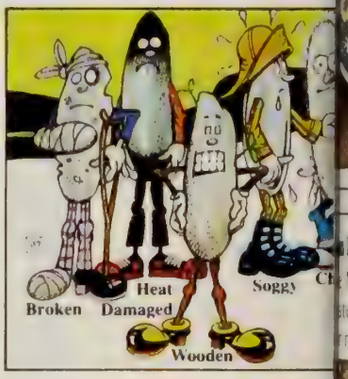
Great homemade rice beats... taurant rice all hollow. I was ... disappointed to find that som... the restaurants that have ... boasting about their rice ... boasting only about a type of ... that stays on their steam ... longer. I say to heck with that... joy your homemade rice for ... ture and the neighborly softn... lends to meat or the piquancy ... to fish.

Confessions of a Rice Failure

You stare at a supermarket shelf and there are long-grain and instant-rice boxes staggering with promises of fluffy perfect rice. I dislike being a dismal failure and yet some of my attempts, even when thoroughly following directions, tasted as though a rope had been boiled in. To my dismay I even found that measuring cups do not agree with what is a cup measurement. However, a marvelous cook in the MJB kitchens gave me benchmarks for cooking perfect rice everytime.



1. All the rice that is stirred in must be completely immersed in water. If there is a center peak or little bunches of rice rising above the water—that rice will not cook evenly.
2. For firmer rice, cook with slightly less water than directions designate.
3. For softer rice, cook a few moments longer and with slightly more water than directed.
4. MJB gave me the perfect way to save my cooking sanity. A steamer. This ingenious cooker turns practically any rice failure into a culinary triumph. And you can have the steamer for a modest sum by taking advantage of the offer on the green MJB Long Grain Rice box.



It's Either Too Wet or Too Mus... Too Soggy or Too Wooden

I was jubilant when I dis... ered there is an end to trial ... error rice cooking.

The government has ni... graded rice as they grade ... milk, butter, meats.

The grades range from on... the elite rice to six which is ... able. I find Grade One h... silent, sun-earth flavor and ... up with an al dente quality ... makes rice more than a side ... The government states ... Grade One rice has the ... amount of broken grains.

The relevance is simply th... one wants to cook the finest ... one should begin with the ... rice. MJB is the rice purveyo... consistently assures you ... Grade One rice in all white ... brown rice categories.

The Most Excellent Rice-While Being Gentle-Is Not Lacking in Character

This is Arkansas rice. Arkansas produces a slower growing rice. Some states produce rice that grows faster but does not allow, for me, the same flavor and texture when cooked. I have taste-tested rices from different states in other brands and Arkansas rice in MJB's. I decided that Arkansas might grow rice slower but it was worth waiting for.

NOBODY KNOWS



Seasoned Rices Can Be Epicurean

Many rices are an array of mediocrity with a few outstanding exceptions. The best flavored rice mixes start with the best rice. I was saved from a poor batting average when I discovered some remarkable MJB differences. Many mixes such as Rice-a-Roni and Minute seem to rely more on vermicelli than they do on delicate seasonings. On the other hand MJB blends their Grade One Rice—the elite—with delectable and superb condiments that are complimentary to what I serve.

My recommendations for knock-out meals:

For Those Who Enjoy the Faintest Suggestion of Herbs, try Herb & Butter Rice nestled around chicken or shell fish or cold salmon.

For You Who Love an Almost Instant Sensation, serve MJB Spanish Rice with ham, frankfurters or to rev up cold cuts.

For a Mildly Pungent Sunday Dish, serve Brown and Wild Rice with roast leg of lamb, duck or with cold chicken and orange slices.

And to Breathe a Delicious Beef Flavor into leftovers, try the savory goodness of MJB Beef Flavored Rice.

© MJB COMPANY 1973

n Flavored Rice and Rudolph Valentino

MJB cooks developed a te but exquisite chicken rice that tastes chickeny without being too pushy. Impromptu casseroles let me catch my old movie greats without pangs of guilt. Try my absurdly easy Chicken a la Parmesano.



1 package MJB Chicken Flavor White Rice
2 cups diced cooked chicken or turkey
1/4 cup diced pimiento
1/4 cup chopped fresh parsley
1/3 cup chopped onion
1/4 cup milk
1 cup dairy sour cream
1/2 cup grated parmesan cheese

Preheat oven to 350°. Prepare rice mix as directed on package. Add chicken or turkey, pimiento, parsley, 1/4 cup of parmesan cheese and remaining ingredients. Mix carefully. Turn into a buttered two quart casserole. Sprinkle remaining 1/4 cup of parmesan cheese on top. Bake covered in 350° oven for 25-30 minutes. Garnish with pimiento strips and parsley sprigs and serve to six hungry people.



The MJB people have been open and honest about their own rice products. And they are intensely interested in you. This is why MJB invites you to write for any information or recipes that will allow you to enjoy the one rice that is more than a side dish.

MJB RICE

Another Fine Food From the MJB Family

MJB Co., P.O. Box 2244
San Francisco, Calif. 94126

How to dress up a dormer

Don't let dormers get you down! Challenge those irregularities—angled side walls and slanted ceiling—and create a fresh, individual look. You can paper the entire alcove in a small print (but not an overscaled pattern) and hang cafe curtains in a matching fabric. Utilize space below the sill with built-in shelves, or an unfinished chest you paint yourself.



If your dormer has an arched opening, accent the curved effect with Priscilla curtains. Top with a ruffled valance and install on eyelet rodding especially designed for odd-shaped windows such as sketched.

To adapt this sheer look to a conventional-shape dormer, hang organdy curtains on side walls as well as over window. Tie back curtains at sill and add a patterned window shade to match window-seat cover.



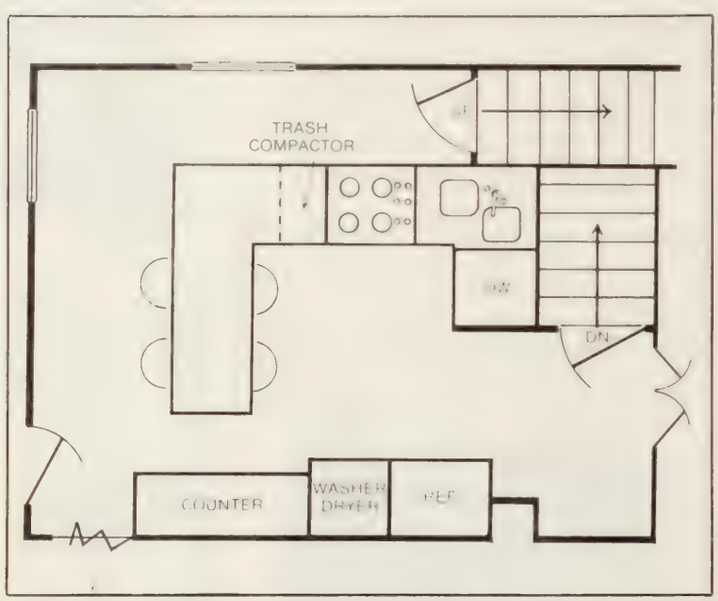
If floor space is limited and you don't need the dormer window for light, place bed in alcove and create a canopy treatment. Shirr fabric on rods to match wallpaper and trim short valance with ball fringe.

For contrast, paint [illegible] solid color, picked up from [illegible] paper pattern on the other walls and hang traverse [illegible] match.

How to save steps in a cavernous kitchen

In many older homes, a big square of space is set aside for the kitchen. That would be great if all the space was usable but often it isn't because of the doors and windows that cut into the plan. Also, cabinets and appliances lined up along the walls can be too far from each other for working ease and efficiency. In this 18x14-foot kitchen, the runaround problem is neatly solved by grouping the main work centers—mix, bake, and cleanup—into a compact core. This sensible planning held down remodeling costs by avoiding major structural changes on doors and windows.

Before the remodeling, this five-foot-three-inch section of wall was unused because it was boxed in by a door to the upstairs on one side and a basement door on the other. Now, the corner sink and dishwasher along the wall act as a base for an L-shaped extension used for cooking and serving. Wall cabinets and a ventilating hood/fan are suspended over the range; there are no units above the eating counter to obstruct the diners' view. Weathered wood covers the walls and soffits. To cut expenses, the family purchased old weathered boards and odd lengths and widths from a nearby lumberyard.

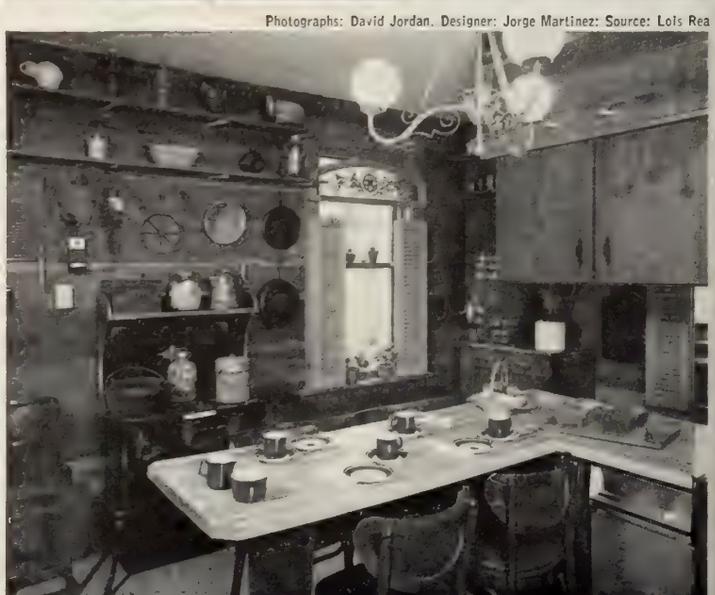




Photographs: David Jordan. Designer: Jorge Martinez: Source: Lois Rea



Opposite the range, two new base cabinets, a series of open shelves, and two appliances pull peak service from the nine-foot wall. Niche to the left of the brick chimney is saved for a separate freezer to be purchased when the budget permits. Eventually, the freezer and existing refrigerator will be separated by a narrow cabinet and a small landing counter.



The traffic aisle around the perimeter of the kitchen varies from three to five feet in width. In the wider places, atmosphere-adding antiques fit beautifully. Old stove is simply decorative while the icebox works well as a bar. Chairs at the snack counter are barstools that were cut down and refurbished for their new role. They slide under the counter to give access to compactor.

smission is not matic

omatic transmission will itself most of the time, you give it some at- With correct driving and nce, your automatic ion should last as long gine. Ignore your trans- and you can figure on ut at least $200 for a ion overhaul in less 00 miles.

irst rule of automatic ion care is regular f its fluid. The smell r of the transmission much of an indication ion as is the fluid level. in fluid color from red ky or dark color or a hickness of the fluid are s of trouble. An offen- r similar to scorched another trouble sign.

et an inexperienced gas ttendant check your ion fluid. He probably t be aware of the smell danger signs, and even checks the fluid level, verfill.

notice a change in the pshifting pattern such g from high gear back have fluid checked. A be your only problem. r transmission tune-ups tial. Owners' manuals commend service inter- verage usage, so if you of stop-and-go driving, ing or prolonged trail- , then you should have on tune-ups more fre-

our engine idling speed tory specifications. An at idles too rapidly ds, makes for rough of the clutch and can p your transmission's gears.

fting, from high to is hard on your trans- While backshifting is manual transmission, e gears in an automatic of a beating.

bit starts can ruin your on in a hurry. Jerking and gears in a fast d ruin them in a mat- utes.

transmission overhaul These come-on artists advertise complete on overhauls from $49 . Anyone who can do nt job and back it with ile guarantee is going you well over a hun- rs for a transmission

The Scissors: re-invented.

Fiskars re-invented the sewing scissors.* They were heavy. We made them light. Just three little ounces. Lady-like.

They were uncomfortable. Fiskars changed all that with form-fitted cycolac* handles. Right or left-handed. Made for hands just like yours.

And, are they sharp! Surgical stainless steel blades, ground to a keen edge that stays that way pattern after pattern.

Listen, we spent years designing the perfect sewing scissors. Take a minute and try them for yourself. There's only one Fiskars. From Finland. Accept no imitations.

FISKARS
by Normark.

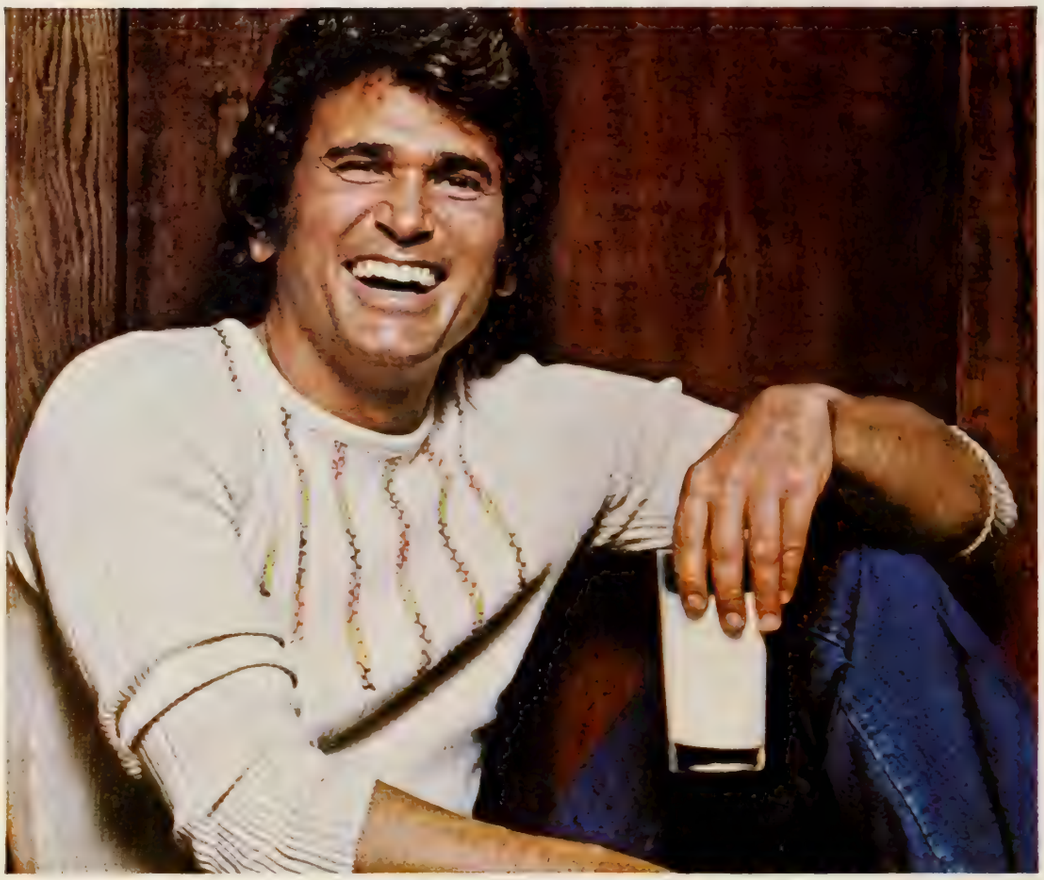


The new American standard. From Finland.

*U.S. Patent Number 227 336

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"Peanut butter sandwiches, jelly beans, pretzels with mustard... there's a million things that are fantastic with milk!"



Milk has something for every body. Even Michael Landon's.

California Milk Advisory Board

FAMILY MONEY MANAGEMENT®

How to ease your monthly bill paying

Is there any way to beat the monthly bill-paying blues? How can you overcome the time-consuming, check-consuming, stamp-consuming torment of settling regular household bills month after month after month?

The answers are several—and they don't mean that you don't have to pay the bills themselves. Of course you do. But they can be settled with far less time and bother and at less incidental expense for your budget.

While conveniences vary from one full service bank to another, they are all part of a lively new trend. More and more banks offer easy-does-it techniques to physically help families meet what amounts to the monthly payroll. Thousands of banks, for example, accept direct monthly payments in cash for telephone bills, gas bills, electricity bills and even water bills. Since customers generally visit the bank every couple of weeks anyway, if only to deposit paychecks, it's simple for them to pay these bills through the bank without the burden of drafting checks and using postage.

Automatic payment

A surprising number of banks will arrange with customers to pay their regular recurring bills —insurance premiums, mortgages, and so forth—out of their checking or savings accounts. They simply let the bank know the name, address, due date, and amount. Often banks don't even add a service charge for this automatic payment procedure.

Bank charge cards

Proper use of bank charge cards also can diminish the physical burden of paying monthly bills. The charge card ought to be used wherever it's good—restaurants, department stores, filling stations, and so on. In this way, you receive one comprehensive monthly bill instead of several individual bills, which can be settled with one check and one stamp. The important thing is to make certain that bank charge card bills are paid within the billing cycle, which normally runs 25 days. Otherwise, interest must be paid on the balance outstanding. This cost can be expensive—from a 12 to 18 percent annually.

The new "supercheck"

In the past three years, another convenient service has multiplied among banks, from First National of Arizona to National City Bank of Rome, Georgia. It's the "supercheck," an oversized jiffy check, generally costing 50 cents, which a customer can use to settle up to as many as 45 separate monthly bills. On that one check he lists the amounts to be paid each creditor, attaches the bill stubs, and sends the whole thing to his bank, which then settles the accounts.

Machine checks

Just recently still another bill-paying device has caught hold. Date-and-Sign checks are machine-produced and machine-processible, and already stamped to the landlord, the mortgage holder, or some other creditor owed a fixed amount. All the customer need do is date and sign the check—and mail it out.

Electronic funds transfer

The latest, most dramatic and—in the long run—the most significant crutch for the monthly bill payer is the "electronic funds transfer." Banks on Long Island, in Ohio, and now throughout California already offer this service to customers. In "EFT" country, a shopper goes into a supermarket or a department store, for example, makes a purchase, and has the store bill directly through the bank.

Customers carry a special coded card which clerks in participating stores feed into electronic card readers. Computers linking the stores and the bank automatically arrange to transfer the funds from the customer account to the merchant account, so monthly bills are done away with.

More than a dozen other states currently are studying "automatic funds transfer" results from California before they consider similar projects of their own. In time, full national growth of EFT could well eliminate those monthly bill-paying blues for most American families. ■

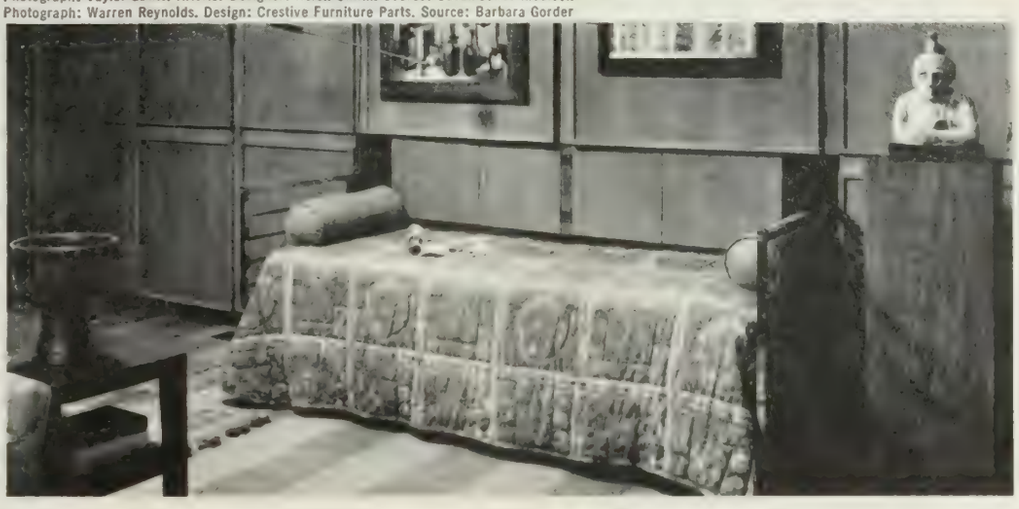
Space-saving beds

A pull-down bed is one solution for a double-duty bedroom or den/guest room. With adjacent bookshelves and cabinets for storage, no night tables are necessary. The bed stores all made up and comes down with a quick tug on a lever.



Photograph: Taylor Lewis. Interior Designer: Helen Smith. Source: Susan Jones Medlock

Roll-out bed in storage wall serves as a studio couch with quilted cover and bolsters. When pulled out completely, the bed accommodates an overnight guest. The oak paneling conceals stereo equipment, speakers and closet space.



Photograph: Warren Reynolds. Design: Crestive Furniture Parts. Source: Barbara Gorder

How to outsmart ground beef prices.

INTRODUCING BURGER BUILDER.™ NEW FROM BETTY CROCKER.®

Now you can buy less ground beef, yet still serve your regular amount. With new Betty Crocker Burger Builder, the nutritious soy protein extender for ground beef.

BUY 25% LESS MEAT.

For every four pounds of ground beef you used to buy for your family, now you need buy only three. For each pound, just measure out 1 cup of Burger Builder, add ½ cup water, and mix into the ground beef. The pound becomes a pound and a third. Three pounds become four.

YOU SERVE THE SAME AMOUNT OF PROTEIN AS WITH REGULAR GROUND BEEF.

Burger Builder is made from soybeans by an exclusive process. So unlike "fillers," you don't cut down the amount of protein you serve your family.

GROUND BEEF WITH BURGER BUILDER IS JUICIER.

Burger Builder takes in and holds the natural beef juices. Makes the meat even juicier, but doesn't change the flavor.

So use it in hamburgers, casseroles, meat loaf, and chili—in all your ground beef recipes.

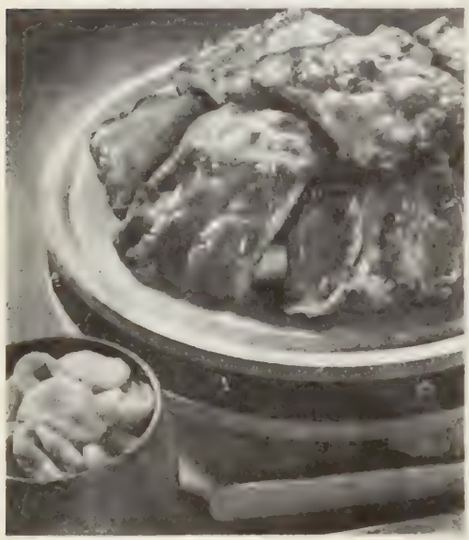




Save money with new Burger Builder from Betty Crocker.
OUTSMART THOSE PRICES.

sweet and sour entrées

A delicate balance is what you should strive for in sweet-sour dishes. One flavor should not dominate the other. We've used vinegar and lemon juice for the tang, then countered it with brown sugar, chili sauce, or sweet fruit juices.



APRICOT-GLAZED SPARERIBS

To prevent burning, spoon the apricot glaze over ribs during the last 30 minutes of cooking time—

4 pounds pork spareribs or pork loin back ribs, cut in serving-size pieces

• • •

½ cup dried apricots
¼ cup packed brown sugar
¼ cup hot-style catsup
3 tablespoons frozen orange juice concentrate, thawed
3 tablespoons water
2 teaspoons vinegar
½ teaspoon worcestershire sauce
¼ teaspoon dry mustard

Sprinkle ribs lightly with salt. Place, meaty side down, in shallow roasting pan. Bake in 450° oven for 30 minutes. Remove from oven; drain off fat. Turn meaty side up. Reduce heat to 350°. Bake ribs 30 minutes more. Meanwhile, place apricots in small saucepan; add water to cover. Cover and simmer 15 to 20 minutes or till tender. Press through sieve. Combine apricot pulp with brown sugar, catsup, orange juice, water, vinegar, worcestershire, and dry mustard. Drain fat from ribs. Brush ribs with sauce. Continue to bake 30 minutes more, brushing occasionally with sauce. Makes 6 to 8 servings.



SWEET-SOUR BURGERS

Gingersnaps thicken the sauce as well as add spicy flavor—

8 gingersnaps, crushed (about ½ cup)
1 8-ounce can (1 cup) tomato sauce
⅓ cup finely chopped onion
¼ cup raisins
¾ teaspoon salt
1½ pounds ground beef
¼ cup water
2 tablespoons brown sugar
3 tablespoons vinegar
1 teaspoon prepared mustard
Dash pepper

Set aside 2 tablespoons of the crushed gingersnaps. Combine remaining gingersnaps, ¼ cup of the tomato sauce, the onion, raisins, and salt. Add ground beef; mix well. Shape into six patties. Brown burgers in skillet; drain off excess fat. Combine the remaining tomato sauce, the water, brown sugar, vinegar, mustard, and pepper. Pour over burgers. Cover and simmer 10 to 15 minutes, spooning sauce over meat occasionally. Remove burgers to serving dish; keep warm. Stir reserved gingersnap crumbs into sauce in skillet. Cook and stir till thickened and bubbly. Pour some sauce over burgers; pass remaining sauce. Makes 6 servings.



GOLDEN-SAUCED FRANKS

Before baking, arrange some of the halved franks spiral-fashion atop casserole—

1 20-ounce can pineapple chunks
1 18-ounce can sweet potatoes, halved
1 pound (8 to 10) frankfurters, cut in half crosswise
¼ cup packed brown sugar
2 tablespoons cornstarch
½ cup orange juice
3 tablespoons vinegar
2 tablespoons chili sauce
½ teaspoon grated orange peel

Drain pineapple, reserving syrup. Arrange pineapple, sweet potatoes, and franks in 2-quart casserole. In small saucepan, combine brown sugar and cornstarch. Stir in reserved pineapple syrup, the orange juice, vinegar, and chili sauce. Cook over medium heat till thickened and bubbly. Remove from heat; stir in orange peel. Pour over mixture in casserole. Cover and bake in 350° oven for 25 to 30 minutes or till heated through. Makes 6 servings.



CANTONESE TURKEY

1 cup bias-sliced celery
1 cup julienne-cut carrots
½ cup chopped onion
3 tablespoons butter or margarine
1 13¼-ounce can pineapple tidbits
1 cup chicken broth
2 tablespoons cornstarch
2 tablespoons brown sugar
¼ teaspoon salt
3 tablespoons lemon juice
2 tablespoons soy sauce
2 cups cubed cooked turkey
¼ cup toasted slivered almonds
Hot cooked rice

In large saucepan, cook celery, carrots, and onion in butter or margarine till tender crisp, about 5 minutes. Add *undrained* pineapple and chicken broth; bring to boiling. Combine cornstarch, brown sugar, salt, lemon juice, and soy sauce; stir into vegetable mixture. Cook and stir till thickened and bubbly. Stir in turkey; heat through. Spoon into serving dish. Sprinkle with almonds. Serve over hot cooked rice. Makes 5 servings.

Playtex® Tampons introduce a comfortable difference.



A gentler way to more complete protection.

Women find the new Playtex Gentle Glide applicator more comfortable to insert than Tampax's. One reason is that Gentle Glide is rounded. Tampax's is not. And Gentle Glide is made of a soft plastic that's smoother and more flexible than cardboard. But there's another difference between them.

Playtex are the only tampons that offer deodorant for more complete protection. Their fresh, delicate scent helps reduce doubt about intimate odor. During your period that can be reassuring.

And naturally, Playtex Tampons are highly absorbent. They self-adjust internally. And respond to your inner contours to help meet your absorbency needs.

A new Gentle Glide applicator for more comfortable insertion... deodorancy... and absorbency. No other tampon has more to offer.

Also available without deodorant



Playtex protection means more complete protection.

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Create This Original Indian Design Chair Seat

Discovered by Better Homes and Gardens, this design is adapted from American Indian art of the Southwest. And it's an exclusive with Better Homes and Gardens; you can't buy it anywhere else.

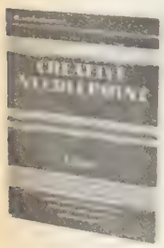
You'll find its easy and satisfying to create these chairseats; only three basic stitches are needed. Each kit comes complete with design on 28″x28″ linen top-quality, long-wearing crewel yarns, needle and easy-to-follow instructions.

So make several. They're easy to do, and you save money when you buy an entire set.



Matching Pillow

This 14″ x 14″ pillow makes a perfect accent piece. Identical in design and color to the chair seat shown above, each kit comes complete with everything you need to complete your pillow. You supply the pillow form you desire.



Creative Needlepoint

Shows you everything about needlepoint. Over 300 pages showing every known stitch, big clear diagrams and step-by-step instructions. Beginners can learn needlepoint; experienced needlepointers can expand their knowledge. Contains large and small projects, with full instructions. Buy today, and become an expert!

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OUR GUARANTEE *Money back if not completely satisfied.*

Ways to bring out a backward window

Photograph: Livanti



Strategic stripes effectively camouflage the awkward plac ment of this window. Recessed opening is draped in a mult striped fabric which matches the wallpaper, giving the effe of one continuous pattern. Hanging the draperies at ceilin level like this is a good way to make a skimpy window oper ing appear much taller than it actually is. Here the dee windowsill is used to hold magazines.

Photograph: Courtesy Window Shade Manufacturer's Assn. Designer: Peg Walker, A.I.D.



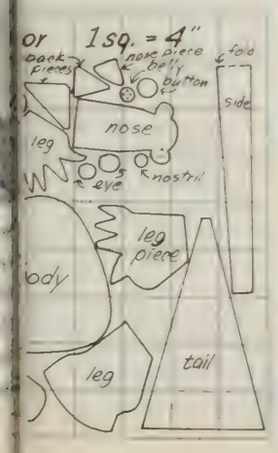
A strikingly simple treatment makes much of this recesse window. Solid-color shade with a shantung look becomes a attractive foil for the sprightly floral wallpaper. To avo a too-stark appearance, scalloped shade hem and matchin topper were trimmed with decorative fringe in a darker colo The topper was attached to the outer edge of the recess visually minimize its depth.

n alligator
ow you make
from felt



Designer: Jennifer Jenkins

endly alligator pillow will
e youngsters of all ages.
y want to make a passel
ws for gifts or bazaar
he pillow is easy to stitch
g scraps of leftover felt
ton or polyester batting.
eed two shades of green
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te felt.
ge the drawing to make
ern pieces (¼-inch seam
ce is included). Lay the
pieces on felt and trace
each with a pencil. Make
1 of body, tail, legs, and
s (the fringed leg pieces
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and topstitched to legs).
h the remaining details
eyes, nostrils, and spots
body pieces.
ine-stitch together legs.
nose (insert teeth along
nose pieces before stitch-
sure to leave the flat end
stuffing. Stuff each piece
nd baste the opening.
ne sidepiece around the
the top body piece and
n sidepiece around edge
m body piece inserting
nds of legs, tail, and nose
layers. Machine-stitch
leaving an opening large
for stuffing. Stuff and
ch the opening.
nay want to protect the
a light coat of stain-
spray.
an even adapt the basic
parts to other animal
For instance, delete the
nose for a terrific turtle.





Marrakech.

BEA gives your imagination wings.

No matter where you want to go. No matter how you want to do it. BEA—British Airways can satisfy any stretch of your imagination.

One of the places we can take you to, direct from London is Marrakech in Morocco. It's called the Pearl of the South. It's history-drenched and sun-drenched. A thousand year old city very much alive in the twentieth century.

You can see the exotic red walls of the ancient medina (the old city) or the new part (Gueliz). Or peer up at the 200 foot Koutoubia Minaret looking down at you. Visit a "souk" (that's a market). And see local craftsmen fashion wood and leather, silver and copper, wool and camel's hair according to traditions carried down through the centuries.

And as you're walking through the past or catching up with the present in Marrakech, in the background are the gorgeous Atlas Mountains pushing their snowy peaks into a deep azure sky.

But there are a lot of other places BEA flies to that can entice your imagination. Be it Majorca. Modern or Ancient Rome. Or monumental Athens.

You'll start in London. A beautiful beginning or ending to your European trip. See a Broadway show before it gets there. Commune with Shakespeare. Or Ann Hathaway. And then on to a world of destinations.

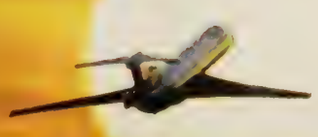
All in all, we've got 90 of them for you to dream about. And that's because we're Europe's number one airline. Which makes it easier for you to go any place you want to go.

So tell your travel agent you want to fly BEA. And let your imagination dream away.



British airways

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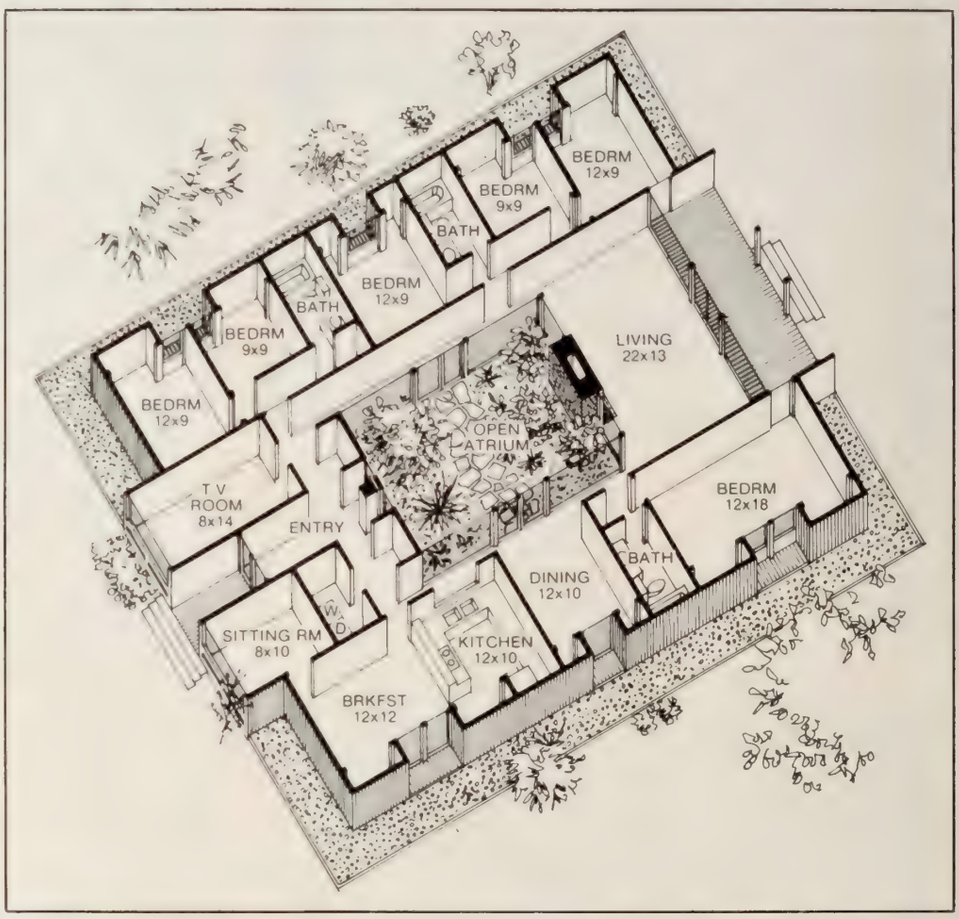


How to square living space with low cost

The symmetrical design of this six-bedroom house cuts costs without sacrificing living space. In fact, there's a total of 2,200 square feet of living area at a final cost of $14 per square foot. The penny-pinching design is a simple square with the same floor and ceiling levels throughout. An open atrium breaks the monotony of the square design—and serves as a







Photographs: Guy Burgess. Architect: Rigomar A. Thurmer, A.I.A.

focal point for the whole house. Greenery and sunlight from the atrium brighten the surrounding rooms, including the kitchen (above) and living room (right). Opposite the brick fireplace in the living room is a glass wall and exterior deck with a mountain view.

The front of the house (top) is designed for maximum privacy. Natural cedar siding complements the simplicity of the design. Inside the house, cedar is also used for the ceilings. The construction technique was a combination of frame and post-and-beam over a crawl space. A small sitting room to the right of the entry relieves early-morning traffic congestion in the adjacent breakfast and kitchen areas.

The whole house is designed for easy, economical upkeep. Cushioned vinyl flooring is used throughout to muffle the traffic of the large family. All glass areas are recessed to prevent heat buildup and simplify cleanup. Bedroom closets are placed along outside walls to insulate against heat and cold.





darling husband is a very demanding n. He insists on a good Sunday breakfast l Maxim®. It tastes like perked coffee.

"My husband is a man who knows his own mind. He wants his three-minute eggs cooked exactly three minutes. And he's just as particular about his coffee. He says coffee makes the meal, so it has to be Maxim, of course. Maxim tastes like good perked coffee. I make it for him by the potful. He thinks it's the best-tasting ever. And I never argue with him. Especially when he's right!"

Patricia Neal

HOW TO MAKE MAXIM BY THE POTFUL

It's so easy to enjoy the good flavor of Maxim without perking. Suppose you want to make six cups of coffee. Just put six level teaspoons (2 tablespoons) of Maxim into a pot. Then add six cupfuls (1 qt.) of boiling water, and stir.

GF GENERAL FOODS KITCHENS



Wispride. The classic cheese in a classic crock.

You can put the crock right out on the table when it's this good-looking. What comes out of the crock is equally notable—zesty, intriguing Wispride. So easy—just serve it with crackers and let people help themselves. It comes in crocks, refills, cups and wedges and in Sharp, Wine and Blue varieties. Wispride in the Convivial Crock. The cheese that's easy to take when you're taking it easy.

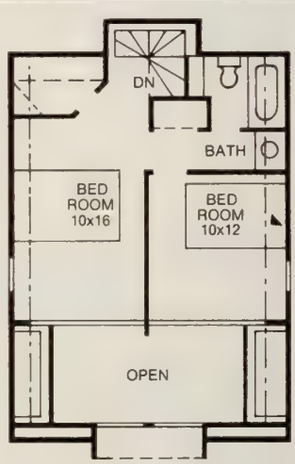


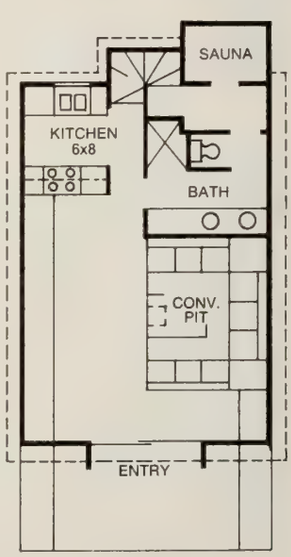


Architect Ronald Lowry Molen,

room (see plans below). A freestand Franklin stove in the center of the conv sation pit helps warm up frozen toes a a shivery day on the ski slopes (above).

Two bedrooms on the upper level o directly onto the two-story-high liv area. Not shown is a fire pole from the l cony to the living area. Youngsters usu take this route instead of the circular st way. What the kitchen lacks in size, well-planned arrangement makes up efficiency.





A comfortable compact

This year-round vacation cabin wraps up just about everything you'll need to enjoy those get-away-from-it-all days. Its rough-sawn cedar siding and shakes blend with nearly any setting, while making exterior upkeep almost a thing of the past. Ski equipment compartments are ingeniously concealed in arches around the entry (right). The large front deck comes in handy for summer sunning, and the built-in benches at the sides eliminate the chore of hauling deck furniture in and out.

Built-in seating also plays a vital role in the sunken conversation area in the living



ical
ks for you
ry



Photograph: G. Suter, Hedrich-Blessing
Design: Hans Juergens



Photograph: David Jordan
Design: Kerr-Overbeck, A.I.D.



Photograph: G. Suter, Hedrich-Blessing
Design: Ethel Samuels, N.S.I.D.



Photograph: William Maris
Design: George Bulger, A.I.D.

Give your beau an Arrow for Valentine's Day.



We've been waiting all year for this: to point out we didn't adopt Cupid's own symbol for Arrow Cordials for nothing.

We did it, way back in the beginning, because cordials make you feel friendly, even affectionate sometimes.

And since, we assume, that's exactly the way you feel about somebody special in your life, giving an Arrow Cordial for Valentine's Day is one way you can let that person know how you feel.

The advantages of Arrow* Cordials over other tokens of affection are so numerous, in our mind anyway, a complete listing would run off the page. But we should point out two.

For one thing, in a lot of stores, you can buy our cordials in a nice Valentine's Day gift carton that can save you the bother of wrapping.

More important, Arrow Cordials taste good, in a sophisticated and subtle way such a flat statement can't do justice to.

And because of their irresistible taste, we often compare them to the apple Eve gave her boyfriend. (They didn't have cordials in those days.) Cordials survive the comparison favorably because when you give your beau our Arrow, no one's waiting around to punish you. Just the opposite.



Arrow Cordials.
Give something beautiful to drink.

Arrow* Cordials 51 90 Proof
© 1973 Hiram Walker, Inc., Hartford, Conn.

1. For a delightfully different room, paint a free-form design on the ceiling. Then staple or glue fabric or wallpaper to a ready-made divider. **2.** Want a canopy effect that doesn't overpower the room? Try a window valance that bows slightly from the wall. This valance was cut from draperies that match the bedspread. **3.** Wardrobe closets can be overpowering, but you can reduce their apparent size by covering them with paper or fabric to match the rest of the room. **4.** An art panorama of posters and prints will give personality to a bland and featureless wall.

Coffee Time...

"I'd love a little snack too."



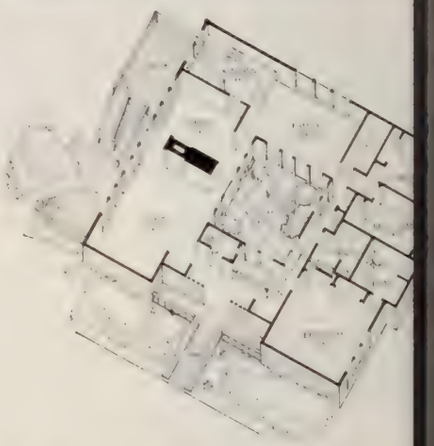
When you have coffee, when the kids wangle cookies, how about a snack for me too? French's Doggie Do·Nuts, made just for dogs, like tiny bakery-fresh doughnuts—yet crisp and crunchy.

P.S. I also love French's® People Crackers. Regular or Liver-flavored.

both ends of the room, and the sli glass doors that lead to side decks. A sive fireplace separates living and di rooms yet serves both. The family r (bottom) boasts a wall-wide window

Photographs: Charles Pearson Architect: William Leland











A house with a garden center

The atrium house is famous for providing an airy, natural, and very private living environment. This house offers all of that and even more.

The house contains 2,300 square feet of living space, all planned to capitalize on the 16x19 atrium. From the living areas on the left to the bedroom wing on the right, each room opens onto a peaceful garden view (see floor plan). Even the roofed entry (right) uses the atrium as a dramatic introduction to the house within. The entry shares its skylight roof with a two-car carport (top right). An entry bridge spans a garden ravine that helps



set off the house from the carport. A divided deck at the side offers the family outdoor living in a controlled setting.

Natural light bathes the living room (center right) from three sources: the atrium, two triangular gable windows at

Lip Service.



The poets talk about lips that are warm, soft and moist.

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Your Germaine Monteil Beauty Consultant has a world of professional lip service to give you. How to choose the right shade of lipstick. How to make lip makeup go on smoother and easier. How to make it stay on longer. How to make fluorescent lights flatter your lips. How to make your lips flatter your skin.

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Ask her about The Beauty Register™ too. That's Germaine Monteil's way of giving you special samples of our fine cosmetics on a regular basis.

Sign up when you drop in ... for lip service.

Germaine Monteil

Painted centerpieces

A little paint will work wonders—for winter bouquets as well as drab rooms. To demonstrate we've taken dried material of all kinds and sprayed it with either black or white paint. Faded dried flowers, mottled leaves, and dejected vines all take on new drama with this perk-up treatment. You'll find your houseplants a fine source of supply. Just subtract those leaves that are beginning to dry up and turn brown around the edges and give them a coat of high-gloss or matte paint. Then arrange to suit your fancy.



For a futuristic arrangement combine four dried pieces of cockscomb lightly touched with white paint, and a cut-leaf philodendron leaf painted a deep and velvety black. Dried materials can be anchored in the shell with plastic foam or a needlepoint, then covered with aquarium pebbles. Leaf is secured with posy putty to stem of a short cockscomb. If you don't have a big shell, arrangement is equally effective in a low bowl.



Space-age snow scene shows how effective flowerless compositions can be. We used a tree mushroom painted in charcoal tones for a base and arranged a black-sprayed branch of cork-barked euonymus entwined with two fronds of white-glazed sprengeri fern to one side. You can place a grouping like this on a tray or lacquered stand and use it in any room of the house. Bakota pattern china makes an attractive accent.



This classic composition features rosettes of wisteria vine painted white, a gracefully curved palm spathe, and three sword ferns sprayed black. Some plant materials (like the sword fern) can be painted before they're completely dried. We kept the setting completely monochromatic with black and white pottery, a milk glass goblet, and a chunky white candle.



Photographs: Hopkins

Dramatic contemporary arrangement shows off a collection of teasel heads painted black and white, and three handsome structural branches from the thorny locust tree sprayed black. When you're working with angular materials like thorn and teasel, it's best to select your container first, then cut your materials to fit the design you have in mind.



What we do for Coq au Vin

Peanut oil is the secret ingredient of gourmet dishes the world over. Because peanut oil brings out the natural flavor of foods cooked in it. And Planters® Oil is 100% pure peanut oil. See what it can do for Coq au Vin.

The recipe. Marinate one 2½ lb. frying chicken in ½ c. dry white wine at least 2 hours. Remove chicken and blot thoroughly using paper towels. Reserve marinade. Dredge chicken in ½ c. flour.

Heat 3 tbsp. Planters Peanut Oil in skillet. Add chicken and brown lightly. Remove chicken pieces. Add ½ c. diced salt pork, 8 small white onions, 4 thickly sliced carrots, 4 sliced scallions and 1 clove garlic, crushed; brown lightly. Reduce heat. Return chicken pieces to pan and blaze with ¼ c. warm cognac. Toss well; add ¼ c. chopped parsley, 1 tsp. salt and ½ tsp pepper. Add wine and simmer, covered, for 40 minutes.

Add ½ lb. fresh button mushrooms and turn chicken pieces. Continue simmering until chicken is tender, about 20 minutes. Makes 4 servings.

We also do for plain ole fried chicken

Whether you're cooking a fancy international recipe, or a simple everyday dish like fried chicken, use Planters Oil. It'll taste the way it was meant to. Because Planters Oil is the gourmet oil, that's not just for gourmet dishes.

The recipe. Combine ½ c. flour, 1 tsp. salt, ⅛ tsp. pepper; use to coat one 3-4 lb. frying chicken, cut in pieces. Heat ¾ c. Planters Oil in skillet over medium heat. Add chicken and brown. Add ¼ c. water; cover tightly and cook over low heat about 30 minutes or until tender. Uncover and cook 10 minutes longer to crisp skin. Makes 4-6 servings.

Planters Oil makes cooking...cuisine.

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Great living packaged in simple boxes





Architect: Edmund C. Englund, AIA. Owner: Mr. and Mrs. Robert Foco. Photographs: Guy Burgess

A staggered arrangement of three two-story boxes paid off big for a young Colorado Springs family. They obtained 2,400 square feet of living space for an initial investment of just ten dollars per square foot.

With only one exception, all windows are oriented to the rear—because the building site offered a spectacular view of the mountains there, and only a gravel road and a barren hillside at the front. The hillside lot was actually a major factor in the low cost of the home. Because of the front-to-rear slope, all the rooms on the lower level have direct access to the outdoors. On a level lot, the lower section of the house might have become a little-used basement. Also, the slope required minimum excavation; the site cost less to prepare than a level one would have cost.

Though built on a tight budget, the house doesn't look it. Details such as the vertical strips which overlay the stained redwood siding and dentils along the eave cornices give the house an individual, finished appearance.

On the lower level, a 13x19-foot playroom is close to children's bedrooms. The upper level escapes play noise.

continued



Nick and Lalla Craig explored and golfed extensively before deciding on the Shipyard side of Hilton Head Island.

Nick first visited Hilton Head seven years ago. Then he and Lalla visited for a week of golfing and to look for a vacation home to buy in the Spring of 1971.

They explored all the island's fairways and developments before deciding on Shipyard Plantation. They loved the way Shipyard villas are carved from the lush, tropical foliage. Plus the fact that it borders what they consider the finest golf course on the island, or anywhere else for that matter.



Recently, a friend who lives near their other home in Maine visited the Craigs for eleven days. As a result of her stay, she and her husband will move into their own Shipyard Plantation villa very soon.



The Craigs plan to stay on the island through the winter and into June, when Nick will return to Maine to tend to various business matters. Lalla says they'll possibly rent their antique-filled villa during the summer months. A number of Shipyard residents do this at various times during the year. If you'd like to visit, you might request a copy of A Guide to Vacationing on Hilton Head Island. Write: Charles Rousek, Vice President, The Hilton Head Company, P.O. Box 1304-A, Hilton Head Island, South Carolina 29928.

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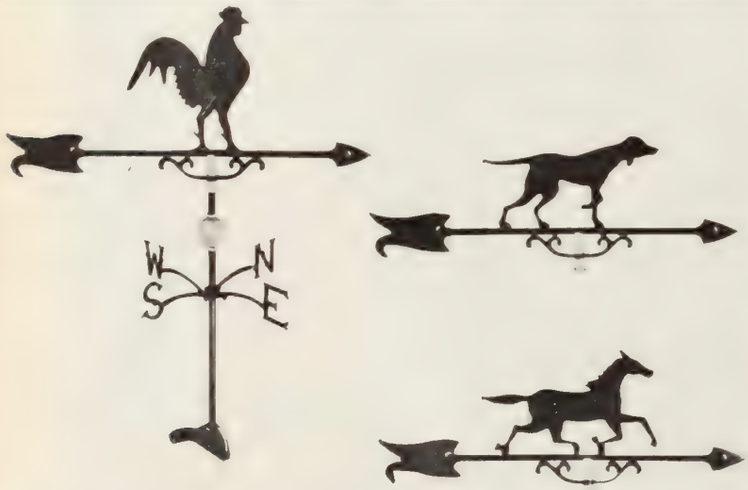
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3. Send name, address, order and remittance to: **Better Homes and Gardens, Dept. 2BE Box 374, Des Moines, Iowa 50336**

continued

Great living packaged in simple boxes



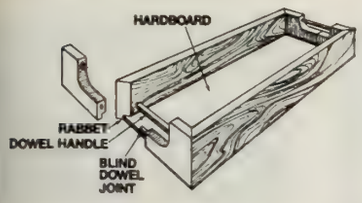
Open under its hip roof, the living/dining/kitchen area loo more spacious than it is. A large skylight at the peak of the ce ing pours light into the room and brightens the mass of da stained ceiling and beams; the hanging ceiling globe and und cabinet fixtures furnish extra light in the kitchen. Flooring in t living area is prefinished wood parquet, laid down in squares. area rug defines the conversation grouping.



A wooden bridge over a small garden provides entry to the hou Windows in the lower level recreation room and stairwell lo out onto this landscaped slope where rocks and pebbles are int spaced with shade-loving plants. All other windows face to t rear. The garage, at far right, echoes the design of the exterior bedroom wing at the left. At the back of the house, concrete ca sons are used for foundation.

begins on page 62

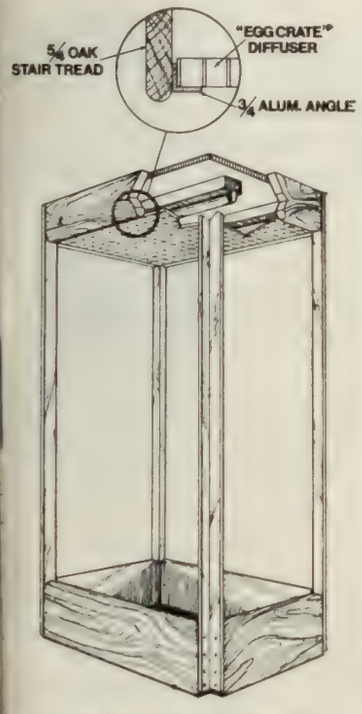
Decorating with plants



Portable plant trays **page 68**

Both tray frames are 24x8x3 inches with mitered corners, and are rabbeted to accept a ⅜-inch plywood bottom.

The ends are made in two pieces with the bottom edge blind doweled, and a dowel handle inserted in the top. The trays are finished with a clear fiber glass resin.



Lighted display unit **page 71**

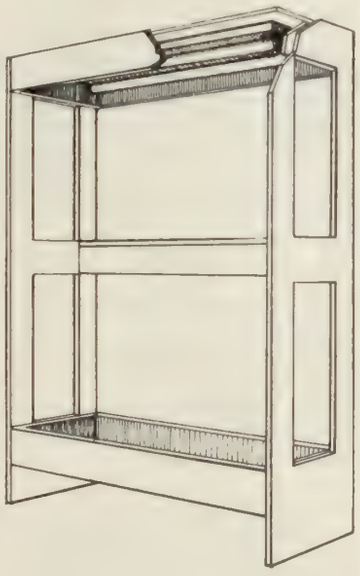
This self-contained garden corner is designed as a showcase for greenery. Although our unit features lighting, we recommend you rely on it only as a supplementary light source for your plants. To make, use 5/4-inch oak stair treads attached to 1½-inch aluminum angles. The unit measures 36x36 inches inside and is seven feet tall. Since the unit is too large for a normal door, we suggest you build the main components and then assemble the unit where it will be used.

The ¾-inch plywood top accommodates three 24-inch fluorescent tubes with an eggcrate diffuser (make lip of ¾-inch aluminum angle to hold grids in place). Screw eyes are screwed into the plywood top, and wires protrude down through the eggcrate to carry the weight of hanging plant baskets. Fiber glass resin makes the plywood bottom moistureproof.

Planter with shelf **page 71**

You can use our freestanding unit as a place to get young plants started, as a "hospital" for ailing plants, or simply for display. It's made from ¾-inch plywood and measures 42x18 inches inside and 72 inches high. The ends have holes cut in them, and the scraps can be used to make bottom tray.

Nail holes and edges should be filled in and sanded before painting. We lined the bottom with fiber glass resin to make it moistureproof and abrasion resistant. Two 36-inch fluorescent tubes attached to the top supply sufficient light for the plants.





Moving?

Be sure to notify *Better Homes and Gardens* at least 5 weeks before you move. This will give us time to process your change of address without any delay in service.

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Send the address label, along with your new address, to *Better Homes and Gardens*, 1716 Locust St., Des Moines, Iowa 50336. *Please be sure to include your zip code.*

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How to order material from the magazine



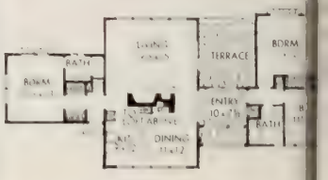
3709-A page 43



4402-A page 44



3403-A



3403-A

Plans for the three houses shown are available for $25 each v the coupon below. (Plan 3709-A is the originally publis three-bedroom version.) A plan package includes complete wo ing drawings, a materials list to help estimate costs, and an out of building specifications with points to include in the buy builder contract. Extra copies of the same plan, ordered at same time, are $7.50 per set.



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Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

FAMILY STYLE SOUPS
Page 50 (bottom): Soup tureen, bowls, ladle—The Taylor, Smith, and Taylor Co., Box 762, E. Liverpool, Ohio 43920.

HOW TO GET YOUR FIRST PERSONALIZED HOUSE
Page 40: Pillows—Design Research, Inc., 57 Brattle St., Cambridge, Mass. 02138. Fireplace—Majestic, Inc., 736 Erie St., Huntington, Ind. 46750.
Page 41 (top and bottom right photos): Floor tiles—Kentile Floors, Inc., 979 Third Ave., N.Y., N.Y. 10022.
Page 42 (upper left photo): Table, chairs, and stools—McGuire Furniture, 60 Green St., San Francisco, Calif. 94111. Shutters—Charles Walker Mfg. Co., 189 13th St., San Francisco, Calif. 94103. (Lower left photo): Parsons table and chairs—West Coast Industries, 3150 18th St., San Francisco, Calif. 94110. Shutters—Charles Walker Mfg. Co., 189 13th St., San Francisco, Calif. 94103. (Upper right photo): Carpet—Colonial Mills, Inc., 30540 Union City Blvd., Union City, Calif. 94587. Plant stands—McGuire Furniture, 60 Green St., San Francisco, Calif. 94111.
Page 43 (bottom photo): Light fixtures—The Thomas Industries, Inc., P.O. Box 1643, Louisville, Ky. 40201.

DECORATING WITH PLANTS
Page 62: Chaise fabric—Cyrus Clark Co., Inc., 267 Fifth Ave., N.Y., N.Y. 10016.
Page 63 (top): Sofa—Kroehler Mfg. Co., 222 E. Fifth, Naperville, Ill. 60540. (Bottom right): Sofa fabric—Clarence House, 40 E. 57th St., N.Y., N.Y. 10016.
Page 65: Carpet—Regency House, 407 Jackson Sq., San Francisco, Calif. 94111. (Bottom left): Chair—Herman Miller, 140 W. McKinley Rd., Zeeland, Mich. 49464. (Bottom right): Carpet—Laurel Crest, Div. of Fieldcrest Mills, 295 Fifth Ave., N.Y., N.Y. 10016.
Page 66: Lucite shelves—Sculptured by Ethel Littman, The Finishing Touch Design, Designers Service, 1271 Merchandise Mart, Chicago, Ill. 60645.
Page 67 (top): Carpet—Magee Carpet Co., 919 Third Ave., N.Y., N.Y. 10022.
Page 70: Swivel lights in baker's rack—George Kovacs, 831 Madison Ave., N.Y., N.Y. 10021. Wallpaper—Kneedler-Fauchere Imports, 151 N. Robertson Blvd., Los Angeles, Calif. 90048.

HOUSEPLANTS THAT COME TO DINNER
Page 74 (left): Dinnerware "Country Blossom" and goblet "Mirage"—Denby 4688 Paddock Rd., Cincinnati, Ohio 45229. Flatware "Medici" and silver baskets—Gorham, 333 Adelaide Ave., Providence, R.I. 02907. (Center): Dinnerware "Midnight Mist"—Franciscan, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Flatware "Spanish Tracery"—Gorham, 333 Adelaide Ave., Providence, R.I. 02907. Goblet—Block China Corp., 25 E. 26 St., N.Y., N.Y. 10010. Planters—Hollow Willow Crafts, Box 1414, Silver Spring, Md. 20902. Napkin by VERA—Vera, Inc. 417 Fifth Ave., N.Y., N.Y. 10016. (Right): Dinnerware "Floral" and tumbler "Madeira"—Franciscan, INTERPACE Corp. 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Flatware "Georgetown"—Gorham, 333 Adelaide Ave., Providence, R.I. 02907. Burlap bags—Phil Papel Imports, 8623 S. Mettler, Los Angeles, Calif. 90003.
Page 75: Salad plate "Westbury"—Denby, 4688 Paddock Rd., Providence, R.I. 45229. Flatware "American Colonial", service plate, butter plate, and mugs—Oneida Ltd., Silversmiths, Oneida, N.Y. 13421. Tumbler "Georgian"—Viking Glass Co. New Martinsville, W. Va. 26155.

PERSONAL TOUCHES FOR YOUR PERSONAL KITCHEN
Page 76: *Pix 1*—Floor tile "Zebra," Designer's Collection—Congoleum-Nairn, Inc., Kearney, N.J. 17032. Glass tiles in window—Newline Products, Millville, N.J. 08332. Refrigerator—Whirlpool Corporation, LaPorte, Ind. 46350. Toaster—General Electric Co., Appliance Park, Louisville, Ky. 40225.
Page 77: *Pix 3*—Tiles—Portuguese. Teapot—Copco. All equipment imported.
Pix 4—Wallpaper—Jack Denst Designs, 7355 South Exchange Ave., Chicago, Ill. 60649. Refrigerator—General Electric, Appliance Park, Louisville, Ky. 40201. Flooring—Congoleum-Nairn, Inc., Kearney, N. J. 17032. Range—General Electric. Dishwasher—General Electric. Light fixture—New Metal Crafts, 812 North Wells St., Chicago, Ill. 60610. Counter tops—Formica Corp., 4614 Spring Grove Ave., Cincinnati, Ohio 45232. Microwave oven—Radarange by Amana, Amana, Iowa 82203; dishes: Block and Company, 295 Fifth Ave. N.Y., N.Y. 10001.

DIETING:
Page 78: White plate "Centura"—Corning Glass Works, Corning, N.Y. 14830.
Page 79: White plate—Heller Design Inc., 200 E. Prospect Ave., Mamaroneck, N.Y. 10543.
Page 80: Plate "Centura"—Corning Glass Works, Corning, N.Y. 14830. White dish "Citation"—Shenango China, by INTERPACE, P.O. Box 120 New Castle, Pa. 19003.
Page 81: Plate—Rosenthal U.S.A. Ltd., 411 E. 76th St., New York, N.Y. 10021. Flatware—Supreme Cutlery Corp., 1214 Broadway, New York, N.Y. 10001.

SPRING SEWING
Page 82: Green vinyl—Sunset Fabrics Corp., 100 Eighth St., Passaic, N.J. 07055. Striped fabric—Avondale Fabrics, 1430 Broadway, N.Y., N.Y. 10018.
Page 83 (left): Blue print fabric—Singer Fabrics, 30 Rockefeller Plaza, N.Y., N.Y. 10020. (Right): Pink and white fabric—J.C. Penney Co., Inc., 1301 Ave. of Americas, N.Y., N.Y. 10019.

TURN VEGETABLES INTO DESSERT
Page 94 (right): Cup, saucer, plate "Quadrille"—Franciscan, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Sugar and creamer—Trans-Ocean-Bridge, Inc., 1140 Isaac Newton Square N., P.O. Box 386, Reston, Va. 22070. (Middle): Plastic tray—Byrd Plastic, Inc., 2953 W. 12th St., Erie, Pa. 16505.

PRIZE TESTED RECIPES
Page 97 (left): Pizza cutter—Ekco Housewares Co., 9234 W. Belmont Ave., Franklin Park, Ill. 60131. Salad bowls—Gourmet Galerie, 714 N. La Cienega Blvd., Los Angeles, Calif. 90069. (Right): Teaspoons "King Fredrick," 1847 Rogers Bros.—Oneida Ltd. Silversmiths, Oneida, N.Y. 13421.
Page 98 (top left): Dessert forks, cake pie server—Lunt Silversmiths, Greenfield, Mass. 01301. Dessert plates "Foxcroft"—Oxford-Lenox, Inc., Prince & Meade St., Trenton, N.J. 08605. (Bottom left): Sherbets, Franciscan "Madeira"—INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (Top Right): No source. (Bottom right): Glass mugs—Riekes-Crisa Corp., 2916 Cumming, Omaha, Nebr. 68131.

DESSERT-AND-CHEESE COMBOS
Page 102 (top): Plate—Block China Co., 25 E. 26th St., N.Y., N.Y. 10010. (Bottom). Knives—International Silver, 169 Colony St., Meriden, Conn. 06450. Tray—Van Dow-Lenton, Inc., 22 [illegible] Ave., N.Y., N.Y. 10010.

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What Doctors Prescribe Most For Pain-Stiff Joints When Arthritis Acts Up

A medically tested way to relieve minor pain and reduce the inflammation that causes stiffness.

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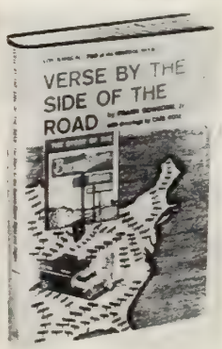
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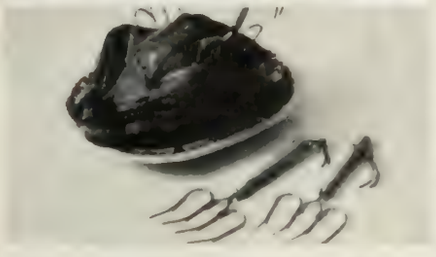






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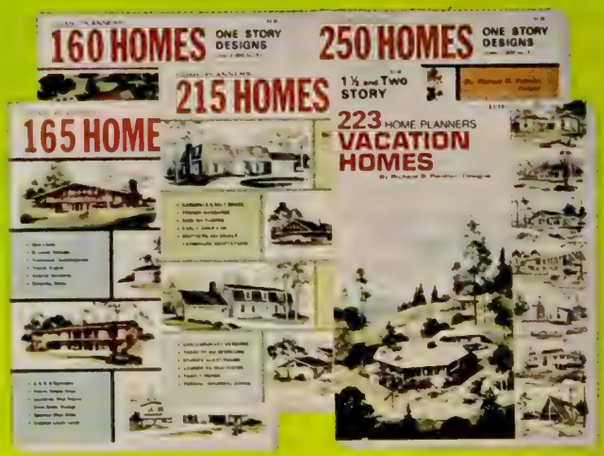


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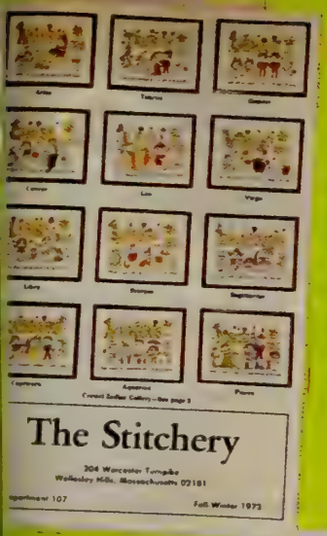
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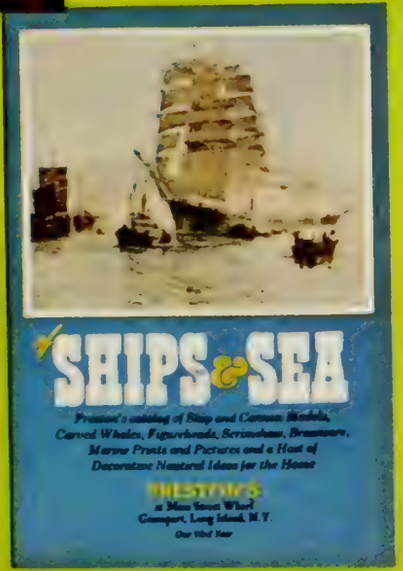


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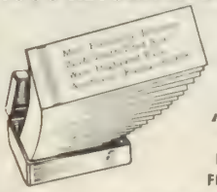
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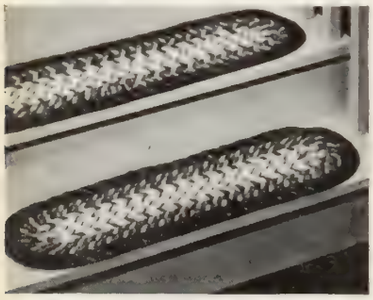
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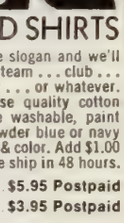
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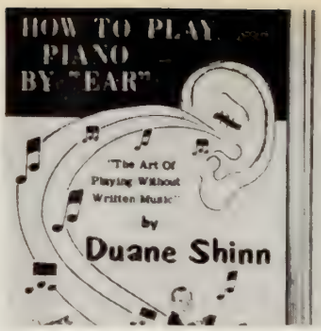
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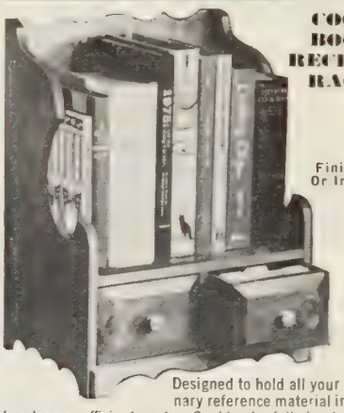
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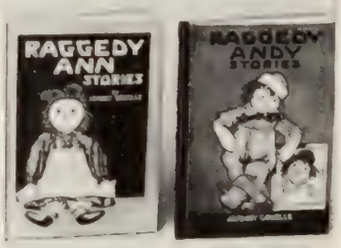
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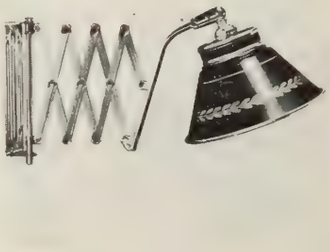
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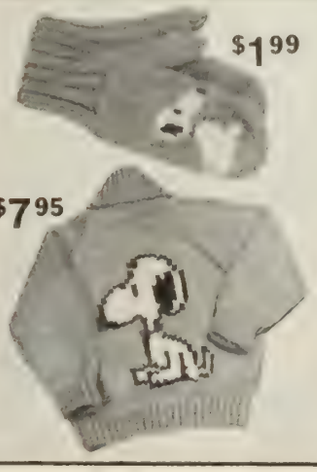


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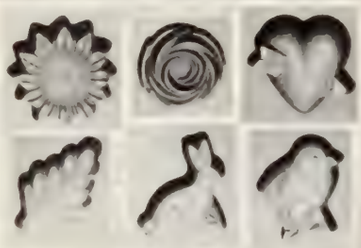


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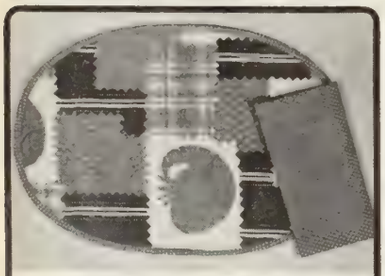
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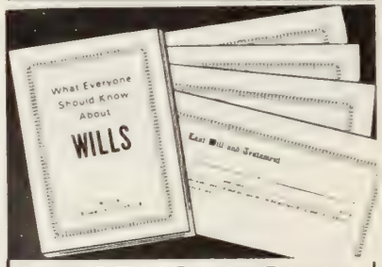


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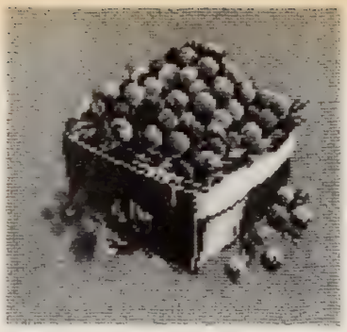
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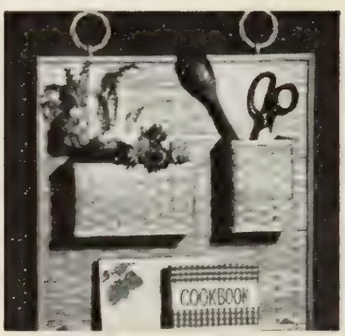
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by Norman P. Kennedy

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Your horoscope can help you be in the right place at the right time.

Your horoscope can help you avoid disasters while guiding you to your beneficial opportunities.

Did you know that astrology helped the allies win World War II? The allies employed astrologers. The axis powers started out employing astrologers. But, this was ceased early when the famous astrologer, Karl Ernst Krafft, predicted the exact time and place of an attempt on Hitler's life in 1939. Hitler thought the astrologers were conspiring against him, so they were imprisoned

Hitler turned back to astrology – too late. He read his horoscope in the last moments of the war as Berlin burned around him.

More on avoiding disaster, came these stories from a recent article in the Miami Herald newspaper. The article tells the story of Mary Kelly, a Miami computer programmer, who heeded the advice of her horoscope which warned her of a wrong medical diagnosis. She avoided an unnecessary operation that would have left her a cripple.

Astrology Today
PRESENTED BY
THE AMERICAN ASTROLOGICAL ASSOCIATION
"The Nation's Largest Astrological Society"
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The Miami Herald also tells the story of astrologer Clifford McMullen, who is George McGovern's personal astrologer. He warned McGovern that if he ran for president, that he would win the Democratic nomination, but he would lose badly to President Nixon in the November election.

Your horoscope can bring you wealth. Famous business tycoon, J. P. Morgan, used astrology to acquire his fortune. Morgan did not make a financial move without checking his natal horoscope forecast.

From an article in the Miami Herald came this story:

"Stockbrokers on Wall Street are as likely to call an astrologer in this decade as Hollywood film stars would call a psychiatrist in the last. David Williams, a 75 year old retired financial expert who lives in Clearwater, has made $150,000 from the stock market in 13 years by using astrology as an investment guide."

Your horoscope can show you the way to success and happiness in love and marriage. Horoscopes of Grace Kelly and Jackie Kennedy predicted their current successful marriages, Grace Kelly to Prince Rainier and Jackie Kennedy to Aristotle Onassis.

Princess Grace and Prince Rainier have recently had their horoscopes done together by American astrologer, Keith Clayton. As with these famous people, your horoscope can help you find and keep a lasting and meaningful love relationship.

Now and through the ages a good natal horoscope analysis has meant success for many people. In other cases many men have missed their opportunity; some with tragic consequences, such as Adolf Hitler.

Will you miss your success opportunities? Will you stumble into pitfalls you could have avoided?

Today, right this moment, you can have your natal horoscope cast and analyzed. You can get it for only the cost to make your duplicate copy. You get the expensive casting and analyzing process – FREE. The article below will tell you how. The means are available, but the choice is yours

HOW TO GET YOUR NATAL HOROSCOPE FOR ONLY THE COST OF MAKING COPIES.

by John F. Ford

end me your exact time and place of n. I'll cast and analyze your natal oscope for research purposes. You have duplicate copies of your horo- e for only $3.00 – the cost to make copies plus postage and handling s. You get the expensive casting and yzing process – FREE, because of the that we must produce your horoscope esearch anyhow.

Your natal horoscope will consist of pages and over 3,000 words. Your horoscope will contain your psycho- al analysis plus a discussion of the wing: your lovelife; financial outlook; iage, family and children relation- ; career and occupations; hopes, es and goals; and subconscious atti- s. A horoscope of this type would up to $300 if done by an astrologer. will cast your horoscope with the of our 360 - 65 I.B.M. computer, h contains over 24 million bits of mation. Your horoscope will not be worthless type found in daily news- rs. Your natal horoscope will be cast from your exact time and place of birth for you and you alone.

THERE'S ABSOLUTELY NO CATCH. I need this information for my astrological research. I am looking for certain planet configurations. If you are chosen as a research subject, I will mail to you a research questionnaire. If you fill out and return this questionnaire, you will be entitled to extra bonuses.

There is no need to worry about find- ind out about an unavoidable coming disaster thru your chart. As mentioned, astrology deals in potentials. Your free will can override potentials if you know about them. In any case, the policy of qualified astrologers is positive astrology. If there is something negative in your chart, you are told what you can do to make it positive.

To get your horoscope thru this special opportunity, simply fill out the research computer form and mail to the address given on the form. Include the $3.00 copy cost for each horoscope or charge your credit card. There is a limit of two per family. If you don't know your exact time of birth, fill in 12:00 PM.

If you have any questions, call me, John F. Ford, president, The American Astrological Association. Telephone me at (216) 478-2171. Thank you!

COMPUTER DATA ENTRY FORM · PLEASE PRINT

I submit my birth data for research. I am now eligible to promptly receive my 3,000 word natal horoscope for only a $3.00 cost to make my duplicate copy. One or two names from my household may be submitted. (Limit of 2 - no exceptions)

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State and Country of your birth

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☐ Ms
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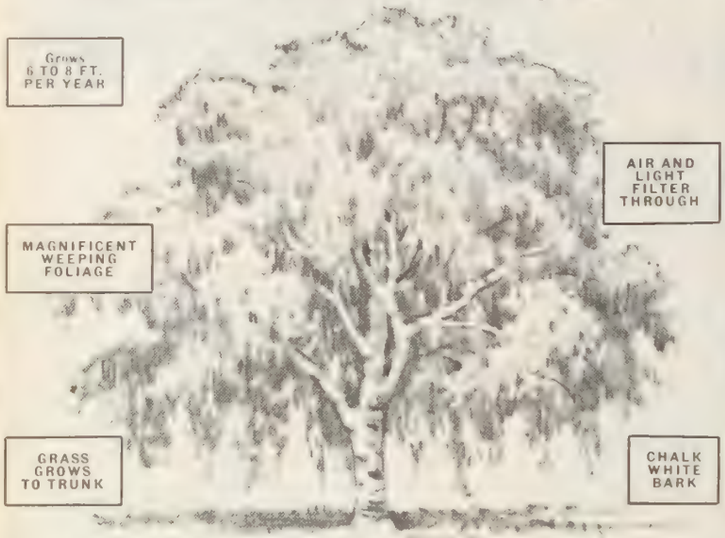
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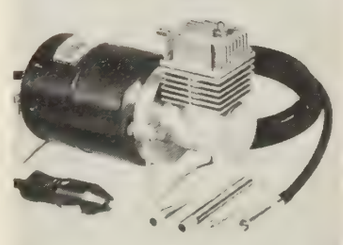
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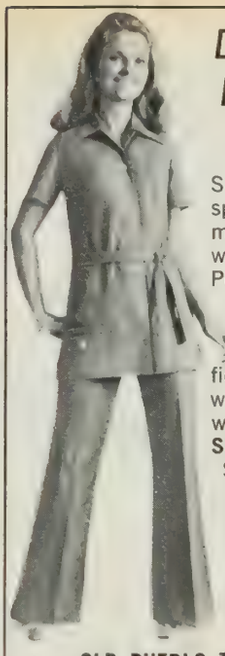


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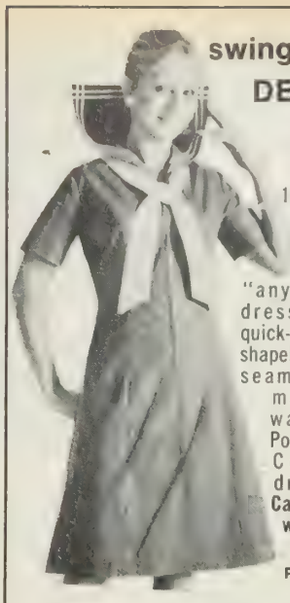


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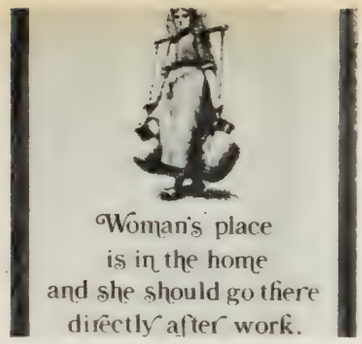
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___ Place knife	19.00	14.25	21.50	16.13	24.00	18.00
___ Salad fork	17.00	12.75	19.00	14.25	21.00	15.75
___ Place spoon	17.50	13.13	20.00	15.00	22.50	16.88
___ Spreader flat, hh	12.50	9.38	14.50	10.88	16.50	12.38
___ Tablespoon, reg.	33.50	25.13	37.00	27.75	41.00	30.75
___ Tablespoon, pcd.	33.50	25.13	37.00	27.75	41.00	30.75
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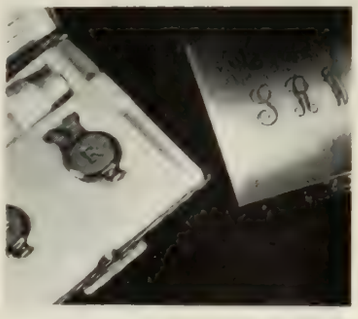
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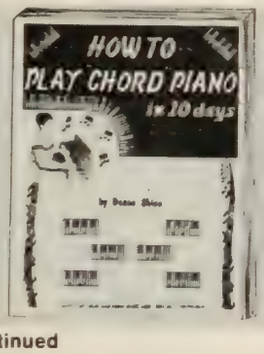
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Household Inventory Book

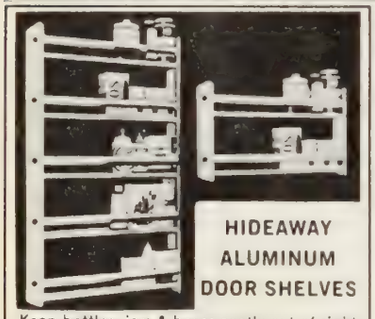
Keep inventory records easily and accurately. You can itemize room by room, cost by cost in this notebook—an excellent method of recording your personal possessions for insurance purposes. Measures 9" x 4¼" spiral bound—fits perfectly into your safe deposit box. Order another for updating at home.

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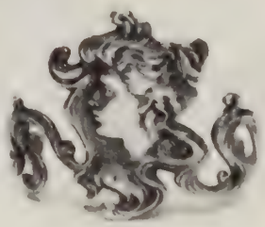
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But actions speak louder than words, and to show you how sincerely we believe in this wonderful collection, we would like to send you the first set of cards—OUR RICH HERITAGE—for a 14-day, free trial examination. In this set you will find 31 of the most delicious, all-American recipes you have ever tasted—and all so easy to prepare!

At the same time, we will send you the handsome Bicentennial Recipe Card Case pictured here, plus 24 fascinating Separator Cards describing the hundreds and hundreds of exciting recipe cards available to you. If, after your 14-day free trial examination, you are not entirely satisfied with your first set of recipe cards in every way, just return them to us and owe nothing. The Bicentennial Recipe Card Case and the Separator Cards are yours to keep as a gift.

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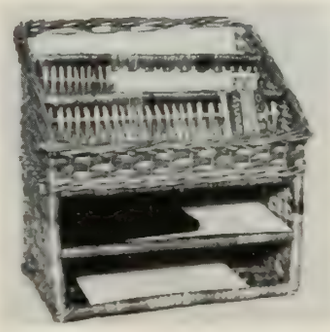
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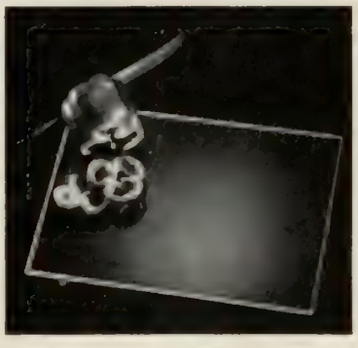
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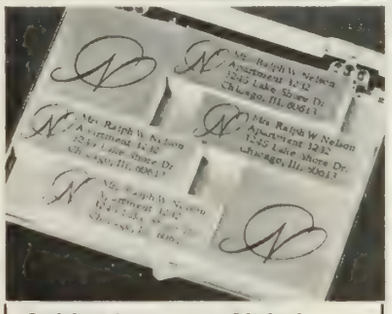
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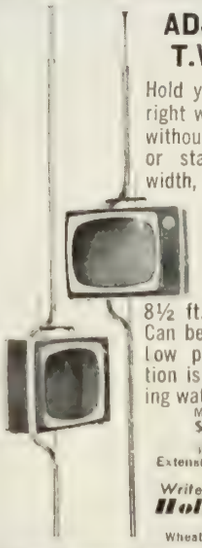
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of four colorful jungle cats by popular artist Fritz Hug, plus an a print "Tiger with Red Back- und" free with every set. Hang n in the den! Easy to mount in dard frames because they're 12". They'll look great hung in home or office. Each set: $1 25c postage. American Con- er, Dept. HC-18, 741 Main St., nford, Conn. 06904.



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y pure relaxation while tension es away with the help of a bath w. Your head and shoulders on a cushion of air. Four suc- cups hold it in place, wet-proof eep hair dry. Comes in a gold -de-lis pattern on a white or background. A king-size 16" x $4.39 postage paid. Order from r Sleep Inc., BH-2, New Provi- e, N. J. 07974.



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continued

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ALL 20 FOR ONLY $1.00

Imagine the delight on your child's face with these enchanting fairy tale wall decorations. The irresistible giant full color decorations are familiar and charming scenes from favorite fairy tales. This is what you receive in this amazing offer. Humpty Dumpty and All The King's Men. The Pig Going to Market. The Cat and The Fiddle and The Cow Jumping Over The Moon. Winken, Blinken and Nod. Jack and Jill. The Dish Running Away With The Spoon. Bright Twinkling Stars. And more. Your child will laugh in delight when he sees his room jump to life and his empty walls dance with these charming, exciting characters.

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We urge you to order your fairytale decorations now, while the supply lasts. Each magnificent decoration is reproduced in full color on luxurious art stock. They will fit a wall at least 10 feet wide and come complete with decorating instructions for easy hanging. Be the first in your neighborhood to own these lovable fairy tale characters. Order now, this offer will not be repeated this season.

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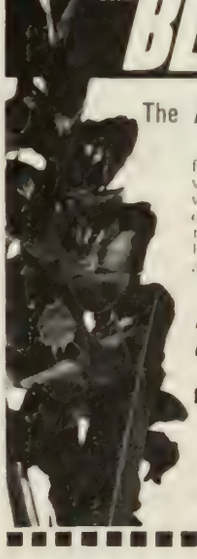


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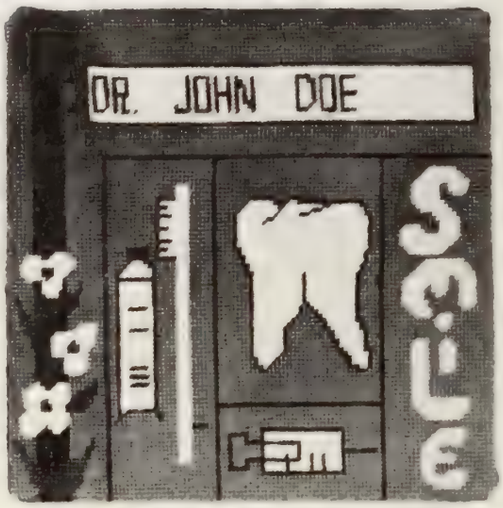


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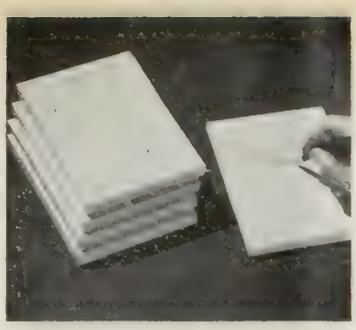


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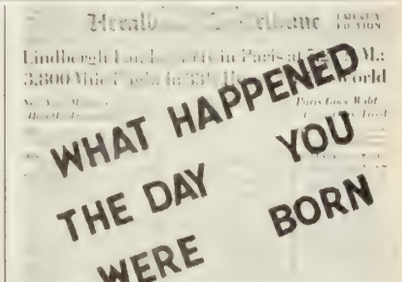
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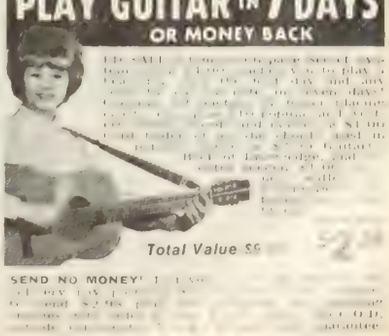
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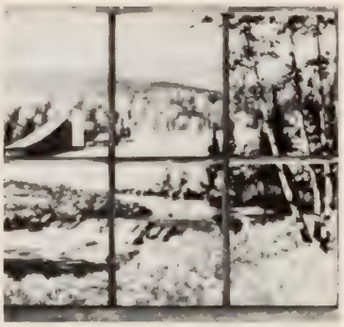
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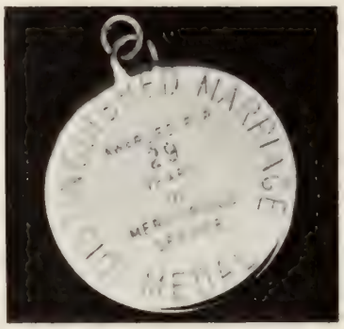
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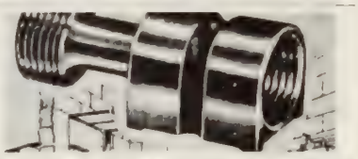
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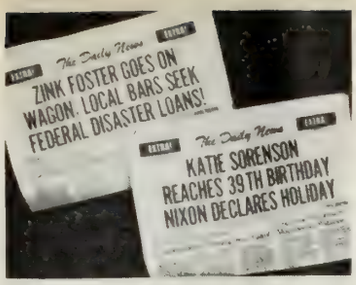
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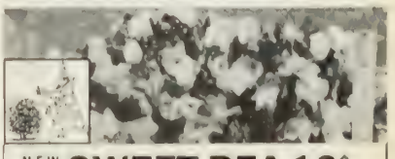
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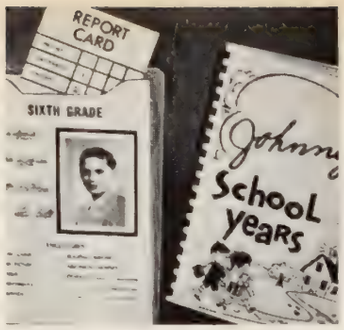


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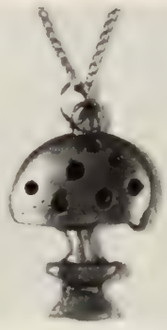
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Just remember that beneath all that accumulation of ice and snow lie the crocuses, daffodils, and chuckholes that will announce the arrival of spring.

It's hard for me to understand why Congress has so much trouble trying to solve the problems of the nation and the world. After all, we settle them every morning over coffee at our regular round table at the E-Z Eats Cafe.

The children's school schedules pretty well rule out one of those enticing winter vacations for us. Besides, as 11-year-old Judy points out, who would feed "our" wild birds?

Al Peterson, our local weatherman, says the groundhog has one advantage over his sophisticated forecasting devices; people are always eager to doubt science, but nobody argues with superstition.

After my annual physical examination, Dr. Bob Hannegan suggested I take up some new bad habits; he's tired of telling me to cut down on the same old ones.

Chris and I, who haven't seen many movies in the last few years, are beginning to go again. And our college-age daughter worries that without her guidance we may see some that aren't suitable.

Much as I appreciate expert consumer information, I get a little exasperated by the way Bill Norman can hardly wait for me to buy tires (or a major household appliance) so he can inform me that I picked the worst possible brand.

Uncle Dodd Buckner sighs that the country is running out of things our forefathers never imagined anybody needing.

When the metric system comes into general use, the cook books will have to be revised in terms of grams, centigrams, and milligrams. Still, Christine is confident that a dab, a pinch, and smidgen will always be the same.

Peg Bayless, militant feminist, says the idea of masculine superiority is just another old husbands' tale.

The poet may be right when he tells us what the young man's fancy lightly turns to in the spring, but there are exceptions. At my son's predriving-licensed age his fancy seems to be taken up with automobiles all year long.

I hadn't realized that the trend among young men was away from extremely long hair, but Fred Vincent reports that he was jolted to discover that his son's sideburns are shorter than his own.



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☑ A personality clash in the mail room.
☑ One thing and another.

When I was young we were taught not to throw trash in the street, but it wasn't called ecology or environmentalism. It was called good manners.

Do one thing at a time. Concentration is the thing.

That's a lesson my father taught me and probably he heard it from his father before him.

As a dutiful father I have passed this bit of wisdom along to my children. Over the years I have pointed out to Rosemary that algebra cannot be absorbed during a telephone conversation. I have restrained Judy from making fudge while memorizing state capitals.

On one recent evening I had to suggest to Burt, Jr., that studying chemistry while doing sit-ups is counterproductive for both activities.

"One thing at a time," I repeated, and then returned to my easy chair. Somehow I could sense that the family was looking at me oddly. I wondered why.

All I was doing was sitting there watching a tense drama on television, listening to a basketball game on the radio, reading the specifications for a contract that had to be bid on the next day, smoking my pipe, and scratching our new dog behind an ear with my left foot.

Maybe, for all my preaching, our family just isn't cut out for doing one thing at a time. And it suddenly occurred to me that my last memory of my Grandmother was of her reading her Bible and listening to Fibber McGee.

Burton Hillis

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Where does your food dollar go?



Commodity Markets-- are they to blame for higher food costs?

By Fred Bailey

Editor's Note: *Families that never gave it much thought before are now wondering who really puts the price tags on a pound of pork and a loaf of bread.*

Farmers insist it isn't them; they simply produce raw commodities and sell them for the best prices offered. Middlemen and retailers say the prices they charge reflect the prices they have to pay. Where food prices are really determined, it's contended, is in the "marketplace."

In this, our third in a series of articles probing every aspect of the food industry, we look into that mysterious "marketplace" known as the commodity markets.

Commodity markets in this country admittedly seemed to be going berserk at times during the past year. Soybeans, a key ingredient in livestock and poultry feed, soared from $4 a bushel to $13 before tumbling backward to below $6. Beef cattle catapulted from 35 cents a pound on the hoof to over 60 cents a pound. Wheat went from $2 a bushel to $6. And a lot of consumers went straight to their congressmen to demand that someone take a good hard look at what's going on in our commodity markets.

No fewer than four congressional committees have probed for answers to such questions as: Has our century-old system of cash and futures markets for agricultural commodities somehow "broken down" under the weight of booming demand? Has there been price manipulation in the markets? Have food speculators contributed to higher grocery costs? In short, do we really need commodity markets?

The answer is that we do. In a country where barely two percent of the population produces most of the food for the other 98 percent—not to mention almost $20 billion of farm commodities sold abroad—a massive system of markets is a necessity. But if we are to enjoy the lowest possible food prices consistent with ample supplies, we also have a right to insist that our markets function fairly and efficiently.

Evaluating how well our present marketing system is working requires at least a general understanding of *how* it works.

Economists point out that most agricultural markets are essentially auction markets. The markets in which commodities physically change hands are called *cash* markets (in contrast to *futures* markets which will come into the discussion at a later point). Market prices fluctuate, sometimes sharply, in response to

continued on page 30

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Better Homes and Gardens

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — MARCH, 1974; VOL. 52, NO

DECORATING
78 Mediterranean revisited: new looks for an old favorite

OF CONCERN NOW
2 Where does your food dollar go?

FOOD
22 He cooks—Estofado
88 To America with love
105 Prize tested recipes
112 Cooking with coriander
118 Win money for your recipes
132 Three dinners that won't bruise a budget
137 Step by step to chocolate eclairs
150 Chicken dinners for all occasions
153 Garnish know-how

EQUIPMENT
65 Keep your furniture looking its best
131 Choosing a self-cleaning oven

PETS
148 Teaching your dog who's boss

EDUCATION
36 Advanced placement: a new way to save plenty on college costs

BUILDING
54 Remodeling: how to make a good house better
130 Storage where there isn't space

CRAFTS
100 Sewing for children

FAMILY MONEY MANAGEMENT
6 How to survive catastrophic medical costs
24 Second mortgage: is it a good way to get money

GARDEN
34 Greenhouse in a box
84 Complete guide to roses
86 Top choices of 1974
134 How to plant and care for roses

HOME ENTERTAINING
66 Making a place for TV and sound

FAMILY TRAVEL
139 "Stay-put" vacations: the smart way to see Europ

FAMILY GROOMING
70 What you should know about permanents

FAMILY HEALTH
12 What do muscle cramps mean?
44 What can be done about birth defects?

CARS IN YOUR FAMILY
18 How to improve your car's handling
20 Some tips for drivers
21 Storing gasoline can kill you!

NEWS AND SHOPPING
60 Good news
76 Mittens and gloves: how to pick a warm pair
157 How to order material from the magazine
158 Shopping editor's choice

For shopping information on products shown in this issue, see Buying Guide, page 136

Cover photograph by de Gennaro: Floribunda rose BAHIA, a 1974 All-America Award Winner

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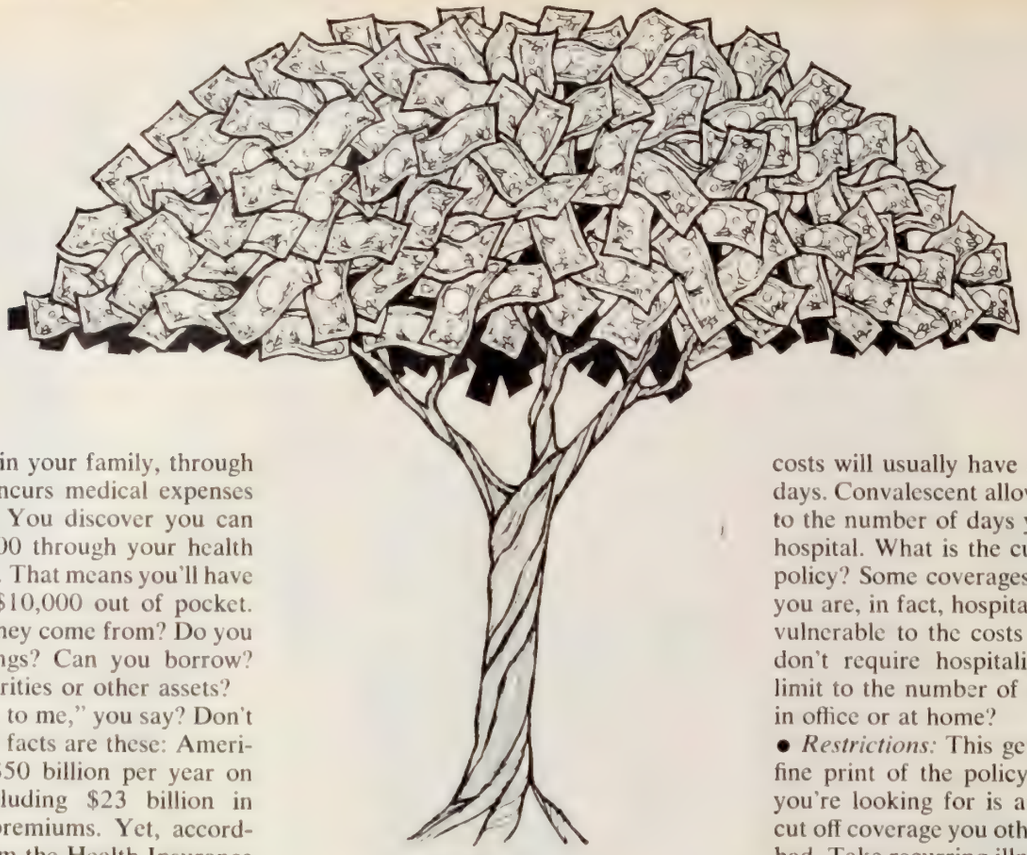


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How to survive catastrophic medical costs

Suppose someone in your family, through illness or injury, incurs medical expenses totalling $15,000. You discover you can recover only $5,000 through your health insurance program. That means you'll have to pay the other $10,000 out of pocket. Where will the money come from? Do you have enough savings? Can you borrow? Must you sell securities or other assets?

"It can't happen to me," you say? Don't bet on it. The cold facts are these: Americans spend over $50 billion per year on medical care, including $23 billion in health insurance premiums. Yet, according to statistics from the Health Insurance Institute, we receive back only $19 billion in health insurance benefits.

In other words, for every three dollars we spend on medical care, only one is returned in the form of benefits. What's more, medical costs have been rising drastically. The present $50 billion per year outlay is double what it was in 1964, triple what it was in 1960, quadruple what it was in 1955, six times what it was in 1950.

How can you and your family bridge the health insurance gap? The best way is probably an up-to-date, carefully programmed Major Medical Expense policy —usually called Major Med. This is insurance designed to supplement your basic medical insurance benefits (such as Blue Cross/Blue Shield) by protecting you from financial disaster in the event of a major illness or accident.

How well are you protected now?

Your first order of business is to take a fiscal health examination. It will determine the exact extent of coverage you have under your policies as they now exist, as well as reveal how realistic that coverage is in terms of today's actual medical care costs.

Take out your existing health insurance policies, both group and private. If they are a few years old and haven't been updated, you'll very likely see some wide differences between actual coverage and actual costs for medical care. For example: Going back to 1966, about 85 percent of the then prevailing group health insurance policies offered *maximum* surgical benefits of $500 or less. About 81 percent offered *maximum* regular medical expense benefits of $400 or *less*. And of all the comprehensive Major Med policies, only one in four offered maximum benefits greater than $15,000. If your current policies date back to around that time, chances are your coverage could be far less than actual current costs. You may be right on the brink of the "gap." And don't be fooled by the promise of a national health insurance program. Although Congress is considering a lot of different approaches to the problem, nobody knows at this point exactly which kind of coverage will result—or how soon the program will become law.

To zero in on your actual coverage now, consider amounts, limits, restrictions, and exclusions:

- *Amounts:* Basically, how much money will you be covered for? This includes regular medical expenses, hospital rooms, surgery, intensive care, postoperative care, and convalescent expenses (such as nurses, therapy, rehabilitation, house calls, prescriptions—items that can add up enormously). Some of these expenditures may have a flat dollar limitation; others may be expressed as a percentage of actual costs.
- *Limits:* How long will you continue to receive the stated benefits? Hospital room costs will usually have a limit of so many days. Convalescent allowances may be tied to the number of days you've spent at the hospital. What is the cutoff point on your policy? Some coverages may begin only if you are, in fact, hospitalized—leaving you vulnerable to the costs of disabilities that don't require hospitalization. Is there a limit to the number of doctor calls, either in office or at home?
- *Restrictions:* This gets into some of the fine print of the policy. In essence, what you're looking for is any clause that can cut off coverage you otherwise thought you had. Take recurring illnesses, for example: You have a certain disease. You're treated, and you recover. Five months later the illness recurs. Will you be covered again? Or does the policy require that, say, six months must elapse before you can again be covered for a recurring illness, unless some benefit is left over?
- *Exclusions:* Are any members of your family excluded? Are children born since the inception of the policy covered by the policy? What about older children who have passed a certain age, yet still live with you? What preexisting conditions are excluded? What kinds of ailments are excluded (e.g., mental illness)? What kinds of hospitals, if any?

Note well: Don't take anything for granted. Insurance policies are legally binding contracts. Your rights under the contract are precisely determined by what the policy says, not what an agent may have intimated—or what you'd like to believe will be true.

What are actual medical costs today?

A reputable local insurance agent may be a big help as you work out the details of your fiscal examination. Also ask him to help in the next step: Determining actual current costs in your locale for various services and illnesses. Of direct help in this regard will be your family doctor, your local hospital information office, and your local medical society. Find out about basic costs, such as hospital rooms, doctor visits, and the like. Also explore the potential costs that can be involved in major illnesses —for that's where the great crunch will hit you most if you're unprepared.

continued



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Carolyn Vigil, Green River, Wyoming

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How to survive catastrophic medical costs

How can you fix your coverage?

Once you've compared your current coverage with up-to-date medical costs, you'll have a good fix on where the gaps may be. If you feel you're exposed to risks that can seriously disrupt your family's financial well-being, it's time to take corrective steps. A comprehensive Major Med policy, coupled with an appropriate income disability policy, may well be your best line of defense. But it's going to take some homework to build this wall properly.

Major Med coverage can be deceptively simple on the surface. The common policy will state that after you've absorbed a set amount of your own medical expenses (the "deductible"), then the company will pick up a certain percent (often 80 percent) of any subsequent covered expenses, up to a certain stated maximum. In other words, if your deductible is, say, $1,000, the company will pick up 80 percent of the tab for all medical costs in excess of $1,000.

But it's not quite that easy to figure. There are some twists and turns of Major Med policy language. Although several policies may appear the same, they can differ considerably when you get down to the actual wording in the contract. Ask yourself these questions about each of the following:

• *The deductible.* Let's start with the muddiest area first. How does the deductible apply? Per person? Per family? Per occurrence? Per time period (a year, shorter, or longer)? The difference to you in coverage can be enormous. In a family of four, a typical per-*family* deductible of $1,000 might state that no Major Med coverage is forthcoming until the first two members of the family have expended $1,000 in total. A per-*person* deductible of $250 would mean that coverage can begin for one member of the family, when that one member has accumulated $250 worth of eligible expenses.

Different policies allot different time periods during which the deductible can accumulate. One policy may start paying benefits if the deductible has accumulated within a period of 90 days. Another policy might allow a year or longer. With the shorter time span, you're more vulnerable to risk in situations involving a long, lingering disability, where it may take many months to reach the deductible amount.

What expenses are eligible to apply toward the deductible? Broadly speaking, most common and reasonable medical expenses will apply. But there may be exceptions and limitations. For example, you might not be able to apply physical therapy expenses toward meeting your deductible. The same may be true of mental problems or convalescent care.

Generally, even though your basic coverage pays for some preliminary expenses, they still may be eligible to apply toward your deductible. But don't assume. Make sure this is spelled out in the contract. It's the contract that counts, not the promotional brochure that summarizes the language.

It's essential for you to have a clear picture of where your basic coverage ends, and your Major Med begins. You don't, for example, want your Major Med to overlap your basic coverage if you can avoid it. And you don't want to leave too much of a gap —more than you can afford to pay out of pocket—between your basic and your Major Med. All things considered, it's probably better to have an overlap than a gap, although you may not be able to arrange that. When you can cover the gap, the extra premium you'd be paying for the duplicate coverage could be far, far less than the extra out-of-pocket expense you'd be in for if there were a significant gap. Take time to analyze the figures both ways.

• *The benefit period and covered expenses,* Major Med does not pay for everything indefinitely. There are distinct limits, and in comparing policies you must note the differences.

The benefit period begins when the deductible has been satisfied, and will continue for a stated period of time, reimbursing you for specific covered expenses that are spelled out in the policy. A benefit period may run for one year or for as long as five years, depending on the policy. When the benefit period is over, you have to build toward a new deductible again. A benefit period might also come to an end because the maximum total limits of the policy have been paid out.

Covered expenses under Major Med are usually far broader than under basic coverage. Major Med can include such items as rehabilitation, therapy, and even in some cases (usually group

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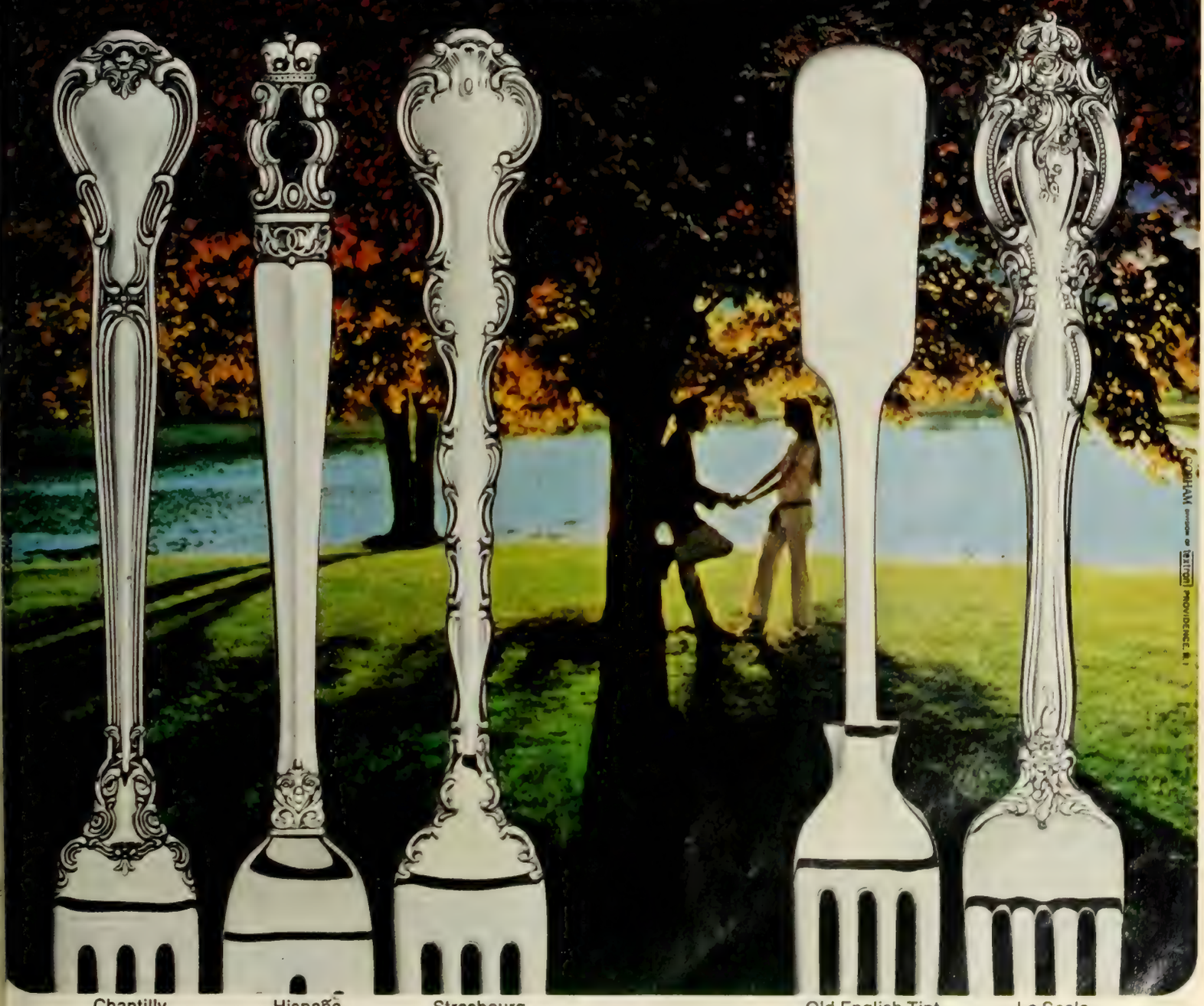
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How to survive catastrophic medical costs

plans), dental costs. But there are limits. Most policies spell out specific hospital room limitations, and surgical benefits in terms of the usual and customary fee of the surgeon up to the maximum of the policy, or up to the limit of the surgical allowance. The hospital room allowance will usually be a set dollar amount. Surgical allowances often are a percentage of maximum surgical benefit; benefits for assistant surgeons and anesthesiologists will be a percentage of that percentage.

For example, one plan offers a sliding scale of benefits, with the premium expense sliding upwards accordingly: If you choose the $50 per day maximum hospital room benefit, you get a $2,000 maximum surgical benefit. If you choose the $100 per day maximum hospital room benefit, you get a $4,000 maximum surgical benefit.

Within the maximum surgical limits of this particular plan, the following sub-limitations apply: For an appendectomy, the company will pay 20 percent of the maximum for the surgeon, 15 percent of the surgeon's fee for an assistant surgeon, three percent for anesthesia, and follow-up surgical calls for 45 days. For a detached retina, they'll pay 50 percent of the maximum for the surgeon, 15 percent of the surgeon's fee for an assistant surgeon, six percent for anesthesia, and 90 days' worth of follow-up calls. Open-heart surgery goes the full 100 percent for the surgeon, plus proportionate other benefits.

In other words, if you opt for the $100-a-day room benefits and are faced with an appendectomy, your maximum benefits for the surgeon will be $800 (20 percent of the $4,000 maximum), $120 for an assistant surgeon (15 percent of the surgeon's fee), and $120 for the anesthesia (3 percent of the total surgical maximum). These examples are stated *not* to recommend any given type of plan, but simply to aid you in understanding how these often complex schedules work.

Note: If you live in a high-cost medical area, try to avoid policies with limits on hospital room or surgical. If your policy requires such a limit, see that you have the option to increase that amount, even though you'll pay a higher premium once the limit increases.

• *Maximum limitations.* What is the total amount the company will pay over the life of the p cy? As with the deductible, yo must determine if this limita applies per person, per fam per occurrence. The differe can be enormous. Many poli will allow a certain reinstatem of the maximum periodically pending on how much may h been paid to you in benefits d ing the past months or years

Low-end Major Med li will be in the $10,000 to $15,0 range. At the other end of t spectrum, it's possible to obt maximum total coverage o $50,000, $100,000, and ev more. However, the premi cost does not grow in propor to the maximum limitation. A matter of fact, those very hi limits come in at what might considered bargain prices. In m plan, for example, the differe in premium costs between poli whose only difference is the m mum limit ranges from only t to ten percent higher (depend on the age of the insured) for limits of $100,000, as compa to $25,000.

• *Exclusions.* Commonly, M Med policies will not cover for disabilities arising out of of war, expenses payable un Workmen's Compensation, p penses incurred in governm hospitals, and expenses for c metic, dental, mental health, ternity, and fitting for gla and/or hearing aids. Check policy wording carefully.

"Preexisting conditions" be a bugaboo, for example. Th are conditions of which you a history before you took out policy, and most policies will s out the extent to which such c ditions will or will not be cove But often the company will serve the right to determine their own whether a condi was preexisting or not. If t are certain about it, they'll clude it with a rider; if the only a possibility of a claim fi such a condition, the premi may be upped in lieu of crea a rider. You should resolve s issues in advance: ask the co pany to detail extent of cover where a known condition ex

Some plans may issue spec exclusions, based on their exa nation of your medical repo These may be reasonable or reasonable, and you should th about them carefully before si ing up.

• *Other factors.* Guaranteed newability and options to incre coverage are desirable. So is right of covered dependents continue coverage after they reached majority is a valua option. ■

(Produced by Robert S. Rosefs noted financial writer and syn cated newspaper columnist.)

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WHAT DO MUSCLE CRAMPS MEAN?

Some years ago a waiter consulted a doctor about a curious problem. Whenever the waiter was required to serve hors d'oeuvres with a fork and spoon he developed a cramp in his hand. He could serve any other food with these utensils or he could serve hors d'oeuvres with the fork alone or the spoon alone, but the combination totaled trouble.

The waiter was the victim of an occupational cramp, one of the many muscle cramps to afflict mankind, though one of the rarer types. Just about everyone suffers a muscle cramp at some time or another and, regardless of the type of cramp, it's painful.

Doctors define a cramp as a prolonged, severe, painful, involuntary muscle contraction. "That muscle knits itself up into a hard knot and just won't let go," says one. It can involve either voluntary or involuntary muscles. And the muscle remains sore and tender for some time afterward. A cramp may strike a running athlete in mid-stride, a sauntering older person in mid-step, or a sleeper in mid-snore. The nocturnal leg cramp that jerks you awake is probably the most common type; some people suffer leg cramps once or twice each week or month; a few people, once or twice a night.

Cramps of voluntary muscles are readily visible, as when your toes curl; but cramps of involuntary muscles in, say, the small intestine or ureter can't be seen and they're particularly painful.

Muscle contraction involves a complicated interplay of electrical and chemical reactions—so complicated, indeed, that scientists still don't completely understand it. "When you're involved in muscles you're getting into the fine tuning of neurology," says a Georgetown Medical School scientist.

Much research has been done on cramps, indicating a multiplicity of causes and a great difficulty in diagnosis. A cramp in a muscle can mean something is wrong with the muscle itself, in its blood supply, in the sensory nerves that go from it to the brain or in the motor nerves that go from the brain to the muscle, or in the centers of the brain and spinal cord that govern the muscle, or even the incoming blood to the muscle (too much or too little sodium, or too little calcium, or perhaps even a convulsant poison of some sort).

What causes a usually docile muscle to cramp? Many actions or conditions can lead to cramps. They can be triggered by strenuous exercise, strains or sprains causing irritation of sensory nerves, or salt depletion or other electrolyte imbalance. And cramps may be a side effect of diseases such as arthritis and diabetes.

A diagnostic technique, electromyography, which measures the electrical activity of muscle cells, indicates that some cramps are caused by nerves that keep firing a contraction impulse to the muscle. If you carry a heavy load for a period of time, for example, your brain keeps telling the muscles in your hand to support the load. Then when you finally set it down your nerves are so hyperstimulated they continue conveying messages and your muscles supercontract. Result: a cramp in your hand.

Excessive loss of body salts through perspiration may result in cramps. The classical reports on cramps from salt deprivation are striking. Workmen suffering from these cramps are in such agony that they cannot be restrained, but an injection of a little sodium chloride solution gives instantaneous relief. Salt tablets taken by mouth are slower acting, but equally effective.

"No. You can't go in swimming for an hour after you've eaten. If you do you'll get cramps." How often did you hear that when you were a child begging your parents to let you go back in the water after a picnic lunch? And how often have you said the same thing to your children? Dr. Frank Falkner, a syndicated medical writer, notes in a recent column, "There really is not any scientific evidence . . . that . . . muscle cramps occur specifically after swimming on a full stomach." He cautions, however, that any exercise on a very full stomach is uncomfortable and usually unwise. Swimmers do get cramps, of course, but they're generally caused by the strenuous exercise and chilling.

Occupational cramps—such ailments as writer's cramp, violinist's cramp, telegrapher's cramp, and even bowler's cramp —usually involve muscles of the shoulder, arm, or hand. Although occupational cramps may be caused by the tension and strain of maintaining a certain posture or holding a certain tool for long periods of time on a job, they are also often psychosomatic ailments—more a matter of the mind than the muscle—as was the case with the waiter.

Cramps can also occur in involuntary muscles, those that act without our help such as muscles of the stomach and intestines that move the food along in the digestive process. Stomach spasms are one example.

What can you do to relieve cramps? The best treatment for nighttime cramps is simply to rub and massage the muscle. This gets the blood flowing into it to correct any chemical imbalance and helps "knead" the knot out. Standing, walking, and stretching the muscle helps, too. Application of either heat (using a hot towel or a heating pad or soaking in a hot tub) or cold packs will soothe the muscle. And aspirin may help relieve the discomfort. If your cramps are frequent and severe, see your doctor.

One recent report suggests treating nighttime leg cramps by bending the great toe and ankle upward (called dorsiflexing the foot) several times, but especially by emptying the veins of the foot and leg by raising the end of the bed nine inches by placing a rise under the casters (not under the mattress).

Cramps that occur in the middle of exercise generally can't be massaged or walked away. They're best handled by resting the muscle. To forestall them, cramps, doctors advise warm-up exercises to stretch muscles and increase their blood supply before vigorous exercise.

A physician for a university athletic department recently described cramping as "muscle fibers that kind of go bananas." And that's as apt a description as any. But getting a proper diet and sufficient rest, exercising enough to maintain good muscle tone, and avoiding too strenuous exercise should help keep your muscles from driving you absolutely "bananas." ■

"If anyone had told me a few years ago that I would be an Interior Decorator, I would have said *you're crazy!*"

Mrs. Faye C. Haynie
Madisonville, Kentucky



Less than a month after I mailed my final lesson I was hired by a decorator firm. What makes my career so special is that I choose my own hours . . . and I feel like Cinderella when I compare my earnings with what I used to earn," writes LaSalle graduate Mrs. Faye C. Haynie. "If anyone had told me a few years ago that I would be an Interior Decorator, I would have said *'you're crazy!'*

If you have a natural love for attractive homes, why don't *you* become an interior decorator? Here's how one woman made her dream of a wonderful career come true.

It seems only yesterday that Mrs. Faye Haynie of Madisonville, Kentucky was working in a job she didn't like . . . as a million other women do.

Today, she enjoys a good income in an exciting career of her own . . . having the time of her life as an interior decorator.

How did Mrs. Haynie accomplish this miracle?

One day she answered an advertisement of LaSalle Extension University, a correspondence institution, describing the attractions of a career in interior decorating.

When she realized how much fun it could be to learn decorating in her spare time at home, she decided to enroll. That was the beginning of a whole new life for her, and one of the reasons for her happiness today.

LaSalle training has helped many other women become successful decorators. LaSalle could help you do it, too. Why don't *you* send for the booklet offered below?

An ideal career for women

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You'll enjoy the freedom of not being tied down to a set routine. Or 9 to 5 office grind. You can often choose to work full or part time.

Best of all, in addition to the money and satisfaction in accomplishment, you'll delight in meeting new and interesting people. Clients often become friends.

For a beginning, you may prefer a position in a decorating studio, home furnishing gallery, or smart department store. With experience, you'll have every opportunity to build an independent business of your own.

How you train at home

The LaSalle Course in Interior Decorating has been prepared to give you practical, complete and up-to-date preparation for this exciting modern career. Lessons come to you by mail; they are as fascinating as the work itself. Much of the study material included is unique in a course of this kind. You get fine quality sketching equipment, coloring materials, stencils that make it easy for you to draw room plans, and much more.

Step by step, you are shown how to develop your creative ability. You are taught the principles of color and design and the historic background of today's decoration. You are trained in the selection and use of furniture, fabrics, accessories, lighting. You learn how to achieve beautiful settings to delight your clients and build your reputation.

Even before you have finished the course, you may want to apply your new knowledge to glorifying your own home.

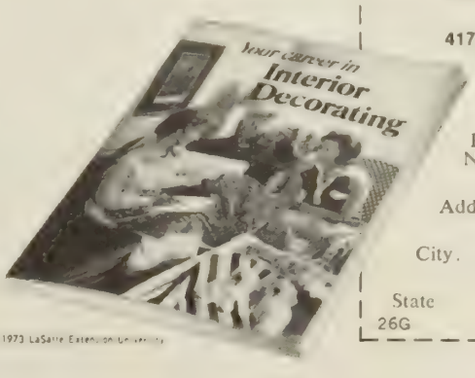
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The LaSalle Course in Interior Decorating is backed by more than sixty years of leadership in the field of home education. More than 2,000,000 people have enrolled for home-study courses with LaSalle.

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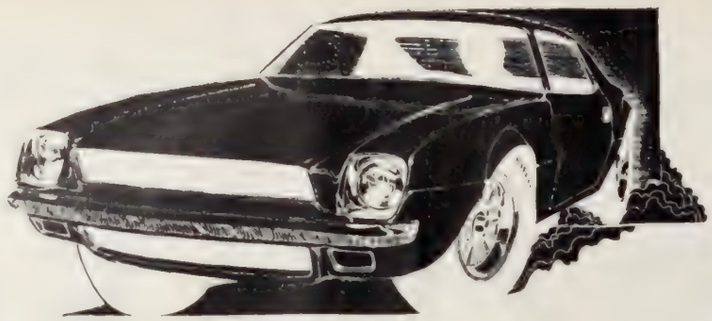
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HOW TO IMPROVE YOUR CAR'S HANDLING

Have you ever wished you could swap some of your car's armchair comfort for a little more controllability? Have you had to back off on the accelerator as you approached a series of highway curves while some other car swept safely through them at undiminished speed? Well, without trading cars you can do something about it.

Few drivers know that almost any automobile, foreign or domestic, can be made safer and more pleasurable to drive. Annoying handling characteristics such as excessive lean, wallowing on uneven road surfaces, and lack of steering response can be lessened or even eliminated.

Most automobiles sold to the driving public are a manufacturer's compromise between maximum comfort and maximum roadability. Except for the last two model years, when the manufacturers have shown an increased response to handling, the bias has generally been toward comfort.

Handling components

Several components dictate how any particular car will ride and handle. Tires, wheels, shock absorbers, anti-sway or stabilizer bars, springs, and steering gear all have an important influence. By replacing some or all of these original components with others of improved design you can upgrade these characteristics of your car tremendously, perhaps converting one you dislike into one you'll hate to part with.

The most inexpensive way to get a better suspension system is to order a car equipped that way from the manufacturer. Virtually every American-made car is obtainable with suspension options that will give you a higher standard of road behavior than will standard equipment. These options may be labeled "performance" or "competition" or "heavy duty." Often, they are coupled with other options in a package, such as "radial tuned suspension" with radial tires, or "trailering" with a different axle ratio. And when ordered on a new car they can cost very little extra, often less than $50. Inevitably, all suspension options will give you a slightly harder ride, but not a harsh, unpleasant one.

There is, of course, no problem in altering the car you already own, but it will cost you more. However, there is an advantage in buying a suspension package over the dealer's parts counter or at an auto accessory store: you need buy only the parts you feel are necessary to do the job. On the other hand, installation cost must be added to the cost of parts, although shock absorbers, stabilizer bars, and some road springs could be installed by a moderately adept do-it-yourselfer following instructions.

Probably the best approach to upgrading your present car is to do the work gradually, buying sets of components in stages until you are satisfied with the way your car handles. Of course, this can be done *most* economically by pacing your parts purchases to the need for original equipment replacement—exchanging worn-out parts for new ones designed to give better results. If your car is fairly new, this will naturally be a drawn-out process.

Before you begin the task of upgrading your car's handling characteristics, be sure to have a qualified technician inspect the parts that are to remain. Worn suspension ball joints, steering idler arms, and tie rod ends are not only dangerous, they can impair any handling qualities you are striving to obtain. All the old rubber bushings used in the suspension system should be replaced too for that can also impair handling.

Tire tracking

The process of improving your car's roadability logically begins at the car's point of contact with the road—the tires. Increase the tire size as much as possible; tires that have a longer footprint, or ground contact area, than those currently mounted on the car will give better adhesion on curves and wet surfaces, and under heavy braking.

Belted bias ply tires will give better results than standard ply tires, and radials are markedly superior to either, both in their effect on handling and in their wear resistance. But whatever you do, *don't* mix any of the three different types. All four wheels should carry the same type of tire. And remember, if your car doesn't have power steering, *any* increase in tire size is going to mean an increase in steering effort, particularly noticeable when you're maneuvering into a parking space.

Before having larger tires installed, check with your car dealer or in the owner's manual for the recommended sizes. Confirm the maximum size that your car can accommodate without having the tires rub against the body on turns or when the car is loaded. Never use devices like long spring shackles to jack up the body for greater tire clearance or you'll lose whatever handling qualities your car may already have. Wheels with wider rims might have to be installed if you move up to tires that are substantially wider as well as of greater diameter (the standard wheel will usually take sizes up to the 70 series, but 60 series tires need wider rims). Do not try to mount oversize tires on wheels that are too narrow; it's dangerous.

Sway bars and shock absorbers

One of the prime characteristics of good handling is the car's ability to corner flat, without leaning. Installing an anti-sway or stabilizer bar will be a big help toward that end result. The bar is a thick steel rod linked to each side of the suspension, resisting any tendency for one side of the car to lift very much higher than the other on curves, while allowing full simultaneous movement of each pair of springs on the straight-away stretches.

Some family cars have no such bars, some have a front anti-sway bar only, and some have them front and rear. Install an anti-sway bar where none exists or replace the existing bar with a beefier one. The price range of bolt-on kits is broad, but you can expect to pay around $40.

To turn indifferent handling characteristics into thoroughly tractable ones, exchange your car's standard shock absorbers for ones tailored to give maximum suspension control. The array of replacement and substitute shocks is overwhelming. Some can cost as much as $80 a pair, and are used primarily for competition purposes. These aren't necessary if you just want to upgrade your car's roadability. For about $45 you can replace all front and rear shocks with heavy-duty units that improve wheel control on rough roads and very satisfactorily maintain equilibrium under all normal conditions. You can spend a little more and fit your car with click-type, adjustable shock absorbers that let you choose the type of ride you want; normal, firm, or extra firm. If you frequently carry a heavy load in your car, you may wish to pair these with air adjustable shocks in the rear that can be inflated to accommodate additional weight. These are ideal if you do much trailer towing, and cost about $40 a pair plus installation.

Stiffening the springs

Generally, installing some stiffer, heavy-duty springs has a beneficial effect on handling by reducing body lean and sway. This applies whether the springs on your car are coil, leaf, or torsion bars. But, as with most improved handling components, stiffer springs will also give the car's occupants a harder ride. Taxis, for instance, normally have heavy-duty springs.

Front springs of the heavy-duty variety, either coil or torsion bar, will cost about $15 to $25 a pair. At the rear, where leaf springs are used, you'll be able to

continued



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First, you want a drapery that will look lovely in your room. So Sears offers this rich damask in everything from delicate strawberry pink to a deep Aztec leather shade. It's our largest assortment of drapery colors — 16 in all.

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And then we did something super-special. We made sure the Perma-Prest® fabric would not only machine wash, tumble dry and need no ironing — but hold its shape beautifully. And keep its glowing colors too, because Petit Plume is sun-resistant.

Lots of new draperies are beautiful. Sears Petit Plume draperies are made to stay that way!

See Petit Plume now at most larger Sears, Roebuck and Co. stores and by catalog.

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continued

Improving your car's handling

save some money by beefing them up rather than replacing them. Helper or overload springs will do the job, and cost as little as $8 a pair. Intended to support overstressed rear suspensions, the helpers reduce body roll on curves, particularly when you're carrying more than two passengers. Regular heavy-duty rear springs are preferable, however, since they are designed for the car and stiffen the suspension under all conditions, however light the load. A set of leaf springs will cost from $40 to $70.

Following any modification of a car's suspension it is very important to have a wheel alignment. In the case of spring changes it becomes vital, for the front end geometry will certainly be upset. Overlooking a front end alignment at this stage of the game can negate any improvements in handling you have gained.

Steering components

There is not very much the average car owner can do to modify the actual steering components of his car. In fact, they are best left alone except for required maintenance. Changes in tires and suspension parts can themselves result in steering that is dramatically more precise and responsive at highway speeds.

Trading a standard steering wheel for a custom model of smaller diameter means you can turn the wheel with fewer arm motions, but your actual steering effort will be increased. If you don't have power steering, your car could end up feeling like a truck at very low speeds. And while those custom steering wheels can be very attractive and sporty looking, a number of them require an inconveniently placed horn. This doesn't help the cause of safety, which is really what the upgrading of handling is all about.

Some tips for drivers

Having a driver's license testifies to your knowledge of only part of the problems of driving. Accidents happen every day to licensed drivers, so before you can feel really confident you should know everything about your car that can cause an accident.

• A blowout at highway speed can be a horror, but if it happens, *don't slam on the brakes.* Ease up on the gas and let the car slow down gradually, all the while keeping both hands on the wheel to control steering.

• If your car goes into a skid, steer in the *opposite* direction of the rotation, and take your foot off the gas. Don't wait to do this, but act at the first indication of a skid.

• Following too close requires superhuman reactions in an emergency. Keep a minimum of at least one car length away for every ten miles per hour indicated on the speedometer. Don't get into situations you can't get out of in a split second.

• Listen to your tires. Squeals mean slipping or sliding caused by under-inflation or wear.

• Slow down in wet weather. The

Ford Wagons are America's best sellers.

Look close, and you'll see why!



One of America's favorite family attractions, Walt Disney World, is the perfect setting for America's favorite family of wagons. Pictured are Ford Gran Torino Squire, LTD Country Squire, LTD Wagon, and Pinto Wagon with Squire Option. Except Pinto, the cars are equipped with standard Cruise-O-Matic transmission and power front disc brakes. LTD Wagon also has bodyside moldings standard. Some other equipment shown is optional.

thinnest film of water on the road causes tires to lose traction drastically.

• Vibrations in the steering wheel indicate that your tires are dangerously imbalanced.

• Experts recommend putting new tires on the rear where they produce better traction and handling.

Radial tires, because of their construction, require special care:

• Check pressure with a gauge before adding air; radials look soft when fully inflated.

• The only punctures that can be repaired are ones less than one-quarter inch in diameter that occur between the outer tread grooves.

Great wagon innovations helped make Ford the Wagonmaster.

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Handsome split bench seats of super-soft vinyl and deep 25 oz. cut-pile carpeting are yours with the Squire Luxury Group option, for the standard-size Ford LTD Wagon and LTD Country Squire.



Left: Optional dual facing rear seats and recreation table available in the standard-size Ford Wagons. Right: Spare tire extractor comes on all standard wagons, optional on mid-size Torino Wagons.



Left: Adjustable roof rack makes it easy to secure extra cargo. Optional on LTD and Torino Wagons. Right: Power tailgate window included on the Gran Torino Squire, and on all standard-size wagons.



Left: Steel-belted radial ply tires are standard on LTD and Gran Torino Squire Wagons. Right: The little Pinto Wagon takes on big loads with its large 60 cu. ft. cargo area and convenient rear liftgate.



Ford's famous 3-Way Doorgate opens like a door with the window up or down, or like a tailgate for added loading convenience. It's standard on all Torino and standard-size wagons.

Some wagon logic from the Wagonmaster

More than ever, wagons make sense *today*—for shopping, recreation, car pools. Ford has a practical size for every family, from Pinto to the 8-passenger LTD Country Squire. And you'll be glad to know that all run on regular gas. Make your next wagon a Ford.

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RD WAGONS

FORD DIVISION Ford

Storing gasoline can kill you!

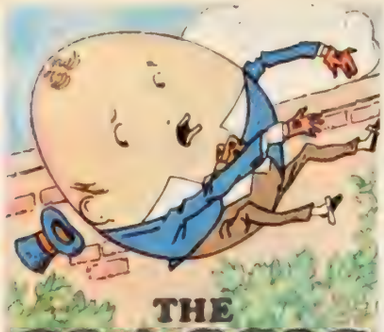
Last December a young Pennsylvania man was burned to death when his car, loaded with cans of extra gasoline, skidded off the road and burst into flame. He was carrying more than 15 gallons of reserve fuel, but it would take only one gallon to explode with great fury. So the best advice for carrying or storing spare gasoline comes from engineers at the Highway Users Federation for Safety and Mobility, who caution "Don't do it."

It's the expanding vapors of gasoline that are extremely dangerous; even cold temperatures won't stop the process. An automobile's gas tank is sturdy and has a vent into the fuel system so vapors are returned to be safely converted into energy used in running the car. A can filled with gasoline, on the other hand, will release vapors to fill whatever space it happens to be in, such as the trunk or passenger compartment. Just a tiny spark from the brake lights or turn signals can explode the vapor-filled trunk, or a lighted cigarette could immolate everyone in the passenger compartment. Concentrated vapors, say safety engineers, can be released when the space is opened and a nearby spark, perhaps a cigarette, will set the whole thing off with a roar.

A minor rear-end collision, too, can rupture a gasoline can stored in the trunk or release the vapors so a collision-caused spark could touch off a fire or explosion. The National Safety Council estimates that one gallon of exploding gasoline can equal the force of 14 sticks of dynamite. Five gallons, says the American Automobile Association, can generate as much heat as 250 pounds of detonating dynamite, enough to completely demolish an auto or raze most homes.

There's also the possibility that gasoline stored in the home or garage could be denotated by sparks from appliances, power tools, or pilot lights. Because the storing of gasoline increases the fire hazard, this practice can result in loss of fire insurance coverage, a fact that you won't discover until after the fire.

Storing gasoline safely in a confined area would require a reinforced, non-vented, steel container. The type found in most retail outlets won't do.



THE CLASSIC OMELET

Rudy Stanish, who has helped homemakers around the world perfect the fine art of omelet making, offers his secret to you. And TABASCO pepper sauce, aged for flavor, is part of the truth. TABASCO adds the interesting touch which makes the bland flavor of eggs new and exciting.

THE CLASSIC OMELET

3 eggs
1 tablespoon water
⅛ teaspoon salt
4 drops TABASCO pepper sauce
1 tablespoon lightly salted butter

Heat 8½-inch omelet pan on low heat. Beat eggs, water, salt and TABASCO together with a whisk or rotary beater until mixture begins to froth slightly. Turn heat up to medium under pan and add 1 tbsp. butter, spreading over bottom and sides of pan as it melts. Pour in eggs and scramble with flat side of fork until light and creamy. Spread eggs up to rim of pan and allow to set. Fold omelet with rubber spatula, tilt pan and slide onto platter. Serve at once. Variations: Sprinkle ½ cup grated Cheddar cheese or bacon bits at scrambling stage. Special Rudy Stanish omelet skilled by Club Aluminum of Cleveland, Ohio.

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ESTOFADO

Photographs: Jay Graham, Dieter

Buying information, page 13





Cooking is more than a pleasurable hobby for Dr. James Carter—it's a science. As a chemical engineer, Jim has a natural curiosity about various combinations of ingredients. A semi-retired consultant in Pasadena, California, Jim enjoys cooking up something special for his friends. One of his most savory dishes is Estofado, a re-creation of a stew he remembers his mother preparing. The dish originated with the family's Spanish maid. Jim even taught his wife, Kay, to cook. His motive, he admits, wasn't entirely altruistic; the course only included recipes he likes!

ESTOFADO

Jim suggests serving this flavorful stew over plain rice or risotto with a tossed salad and dry red wine—

1 pound lean beef, cut in 1-inch cubes
1 tablespoon cooking oil
1 cup dry red wine
1 8-ounce can (1 cup) tomatoes
1 large onion, sliced ¼-inch thick
1 green pepper, cut in strips
¼ cup raisins
¼ cup dried apricots, halved
1 clove garlic, minced
1½ teaspoons salt
⅛ teaspoon pepper
1 recipe Bouquet Garni*
½ cup sliced fresh mushrooms
¼ cup sliced ripe olives
1 tablespoon all-purpose flour
1 cup cold water
Hot cooked rice

In large skillet, brown meat i hot oil. Add wine, tomatoes onion, green pepper, raisins apricots, garlic, salt, and pep per. Add Bouquet Garni t stew. Simmer, covered, 1 hou Add mushrooms and olives simmer 30 minutes more. Dis card Bouquet Garni. Combin flour and cold water; stir int stew. Cook, stirring constantly till mixture thickens and bub bles. Serve over hot cooke rice. Makes 6 servings.

**To make Bouquet Garn* Tie 1 teaspoon dried basil, teaspoon dried thyme, 1 tea spoon dried tarragon, and bay leaf in cheesecloth.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. No food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become property of Meredith Corporation.

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A. The Venetian. Graceful cabinetry that conceals a stereo FM/AM radio-phonograph, an 8-track tape player and a 4-channel decoder. Four speakers hide behind the side panels. So you can hear the music without opening the doors.

B. The Classic Console. Old-world charm filled with the latest in hi-fi componentry: Powerful solid-state AM/FM stereo radio, automatic record changer, 4-channel decoder, air-suspension speakers and an 8-track tape player.

C. The Oriental. Six brilliant speakers, AM/FM stereo radio, automatic record changer, 8-track tape player and a 4-channel decoder in a cabinet of timeless elegance.

D. The Music Bin. As functional as it is beautiful, the Bin holds a stereo FM/AM radio, 8-track tape player, 4-channel decoder and four high-efficiency speakers.

E. The Drum Table. "Sound in the round" from a stereo FM/AM radio, an automatic record changer, a 4-channel decoder and an omni-dimensional 6-speaker system.

F. The Pedestal. AM/FM stereo radio, 8-track tape player, 4-channel decoder and high-efficiency speakers in dramatic, space-saving styling.

These are but a few of the magnificent Magnavox stereo consoles now at your Magnavox dealer. Visit him today and select the one that's lifestyled for you.



What a difference living with a Magnavox.

SECOND MORTGAGE: Is it a good way to get money?

Quite likely, the equity you have in your home represents a larger nest egg than you realize. Your equity is the difference between what you owe on your real estate and what it is worth on today's market. Even if you bought quite recently, the combination of home improvements you have made, general inflation, and housing or mortgage money shortages may have created quite a jump in your equity's worth.

That equity could represent the largest single item among your family's total assets. Yet in the business sense, your equity is financially nonproductive because it doesn't yield interest or profit. It could be a money-wise move for you to put your equity to work more actively.



What are the possibilities?

The equity in your home could be a funding source for a number of things. How about major home improvements? Financing your youngsters' college educations? Helping newlyweds buy their first home? Investing in vacation properties or other real estate? Consolidating debts?

The fact is, unless you sell your property for cash in hand, you cannot realize or spend the equity. Yet, the unrealized equity in your home could well represent impressive borrowing power — the kind of financial leverage that all business ventures count on to expand beyond the limits of current company capital. How can you take advantage of that leverage?

You have three main alternatives, each with advantages and disadvantages. Consider the pros and cons carefully:

1. *Open-end borrowing.* Not all mortgages include this right. Read your original mortgage agreement carefully: If you have the right to re-borrow up to the amount of the original loan, it will be clearly stated. Interest rates on an open-end arrangement vary among mortgages and lenders. A few years ago you could increase your loan to the original amount borrowed and pay interest at the original rate. Or you'd pay the current rate only on the new amount you borrowed. Today, you may run into the common practice of having to pay interest on the full loan at current rates, just as if you were negotiating for the first time. However, if you have a guaranteed low rate, and the amount you can borrow is ample, you have a bonanza! Here are the pros and cons:

Pro: Quite easy to arrange, since the lending institution knows you and your property already. Often a statement of current net worth is all that's required.

Con: Rights to reopen usually are limited to the original loan sum as a maximum. If you originally borrowed 70 percent of the purchase price, and if your property has since gone up substantially in value, then your old 70 percent limit now probably represents a much smaller percentage of the current market value, so it just might not cover your cash needs today.

Con: If you are limited to the remaining term of repayment of both original and new sums, the monthly payment could rise steeply. Now such terms often are open for discussion. Give it a try, anyway.

2. *Refinancing your present mortgage.* With refinancing, you actually create a new mortgage. During the transaction, you repay the original in full and enter into a separate long-term commitment for the new total at current interest rates. Recently, interest rates have soared. Even if, by rare chance, your mortgage rate is higher than the current rate, you'll probably forfeit a prepayment penalty fee. Such penalties are designed to discourage frequent refinancing by patrons every time the interest rate dips, and the amount you'll have to pay probably will represent a substantial portion of the lender's "lost" revenue as originally projected in the loan agreement. *Caution:* Professional money managers say you should never surrender a low rate for a higher one, unless money is no object. Some more facts to consider:

Pro: Besides getting cash in hand, you often can arrange for lower monthly payments or other changes from the original, such as a longer term—although be aware that such action ultimately costs more.

Con: Today's high interest rates in most cases make it impractical to switch lenders. Chances are, the new lender will quote the highest permissible rate that the transaction can bear.

3. *Placing a second mortgage.* Also called a "homeowner" or "equity loan," a second mortgage is a pledge of your equity, with the property as collateral. It's called a second mortgage because its claim, in case you default, comes after the first mortgager's claim. Incidentally, you needn't be embarrassed by a second mortgage; it's not the sign of an "in hock" household. The second mortgage today has become one of the more flexible sources of large loans and is rapidly growing in popularity and availability. It's something to look into, whatever your needs.

Second mortgages are usually limited to a percentage of your equity. Some lenders will loan up to 75 percent of equity; some up to 100 percent; and a few, even more. How much you can borrow depends on the lender's philosophy, your personal credit standing, and the condition of your real estate.

Pro: You can repay on any mutually acceptable schedule. This can create significant savings on interest, when compared to refinancing the full amount. Also, costs of obtaining the second mortgage loan are minimal or nonexistent. Since the second mortgage does represent a greater risk to the lender he asks a rate higher than for a first mortgage. But the faster you can repay the second mortgage, the greater your savings.

Con: Some "low monthly payment" loans can conceal a *balloon payment* provision—that is, a commitment to pay one or several huge sums near the end of the contract term. It's a practice to be avoided by most people, since a balloon clause could generate future financial problems, or even disaster.

Where can you get a second mortgage?

Second mortgage money is available in many states through regulated agencies. In some states, these agencies include banks; most likely, the agencies are responsible finance and personal loan companies. Recently, mortgage banking firms have developed correspondent arrangements with some finance companies experienced in second mortgage lending. If your mortgage is with a mortgage banker, it's worth inquiring to see if they make such deals. Also, if you are purchasing real estate, sometimes the seller will carry a second mortgage himself. If this arrangement is open to you, it may eliminate the need to borrow on your present real estate.

Sometimes other members of a family may offer to take a second mortgage. Although this could mean a favorable interest rate—say, the going rate they might otherwise be earning in a bank account—borrowing from your family can pose some personal problems. Also, a mortgage with a relative does not insure you that the family will not lose control of the homestead without prior knowledge. As first mortgager, the bank gets first chance at the property in case of default—assuming no prior claims on the property are filed later.

Which method should you use?

Once you've made a psychological commitment to pledge your house—whether through reopening, refinancing, or incurring a second mortgage—you'll still have to shop carefully to get the very best financial deal. This takes careful calculation of a number of variables. Take nothing for granted when you check out these corresponding components of your total financial package:

• How much do you want to borrow? Determine the amount of money you really need. Don't endanger the project by seeking too little, but don't overextend yourself, either.

• How fast must you pay off the loan? Which do you value more: the total savings in shorter term interest costs or the easy monthly payments? Do you need one lump

continued

At 38, I got rid of 10 pounds and my gray hair, and went to work for a decorator.



Over the past few years I'd gotten a little fatter and a little grayer. Year by year. Maybe because my husband loved me too much. But deep down I knew. And here I was nearing 40.



Before when I'd had these feelings I'd work it off cleaning a closet or something. This time I knew I had to renew *myself*. It was painful but I went looking for a job.



I decided one thing I didn't need was gray hair. Every time I looked in the mirror it was depressing. That gloomy gray-brown color just wasn't me!...



I didn't want to use a peroxide dye though. I wouldn't *touch* my hair till I found out about Loving Care® lotion. It's not a permanent tint or dye. It's a gentle color wash.

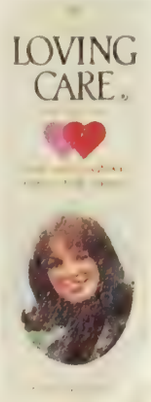


It's different from most all other haircolor brands because it doesn't have peroxide! And it doesn't change your own natural color. Just the gray goes away.



Now I'm doing things. I like myself. And who knows what's ahead! I feel as a person I've only just begun and forty is going to be fabulous!

You're not getting older. You're getting better!™



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Sensible hospital indemnity plan, plus Free Guide to new Social Security and Medicare benefits for all ages



Will you be one of the unlucky 30,000,000?

The past 10 years have seen a dramatic upheaval in the area of personal financial security for people of all ages. In 1966, Medicare was born, and has been undergoing revisions ever since—for example, certain disabled people *under* 65 are now covered by Medicare. And now there's talk of a "Medicare"-type program of health insurance for *everybody* under 65! Social Security has been expanded to provide much bigger benefits to people of every age group. More about that later.

Hospital, doctor and other medical bills have climbed to an all-time high. According to the American Hospital Association, 30,000,000 Americans will enter the hospital this year. Many of them will get the shock of their lives when they discover how high hospital costs have skyrocketed in the past few years!

Even though they do have some insurance, it's often no longer enough to cover today's record-high hospital costs. Many folks will have to pay out hundreds or even thousands of their own hard-earned dollars to make up the difference.

A Sensible Solution

But now there's a sensible plan that can help you solve this problem, because it can also *return money* to you if you stay well over the years and never need the benefits.

This unique plan pays benefits of $75.00 every single day for up to 100 weeks—up to $52,500.00 when you're confined in any regular, general hospital (except for convalescent homes) for any sickness or injury originating after the policy is in force, except mental disturbance or normal childbirth.

The $75.00-a-day benefits are paid in full regardless of benefits you receive from any other insurance, including group. Unless directed to send the benefits to your hospital or doctor, the benefits will be sent to you. Your benefits are not subject to any Federal or State income tax, and you can use the benefits any way you wish to avoid loss when you're sick or hurt.

A Cash Refund

But if you never need these $75.00-a-day hospital benefits, you can *still* get a substantial check. Unlike ordinary insurance which returns no money if you have no claims, if you stay well and keep your protection in force until it ends at age 65 when Medicare takes over, you get a cash refund of at least 90.9% of all the premiums you ever paid in—and 100% if you prefer to pay premiums on an annual basis. So despite all those years of protection, you still get a premium refund.

And your future health doesn't even have to be 100% perfect to get a premium refund—if your hospital benefits are less than the total policy refund amount, you get a refund of the difference.

This hospital indemnity plan CER779 is guaranteed renewable to age 65 at rates in effect on renewal dates, and is available through age 54 from Certified Life Insurance Co. of California, whose famous White Cross Plan policies help protect thousands of California families. And Certified also offers plans for folks *over* 65 to help with bills Medicare doesn't cover.

The story of this supplemental plan that can also return money to you at policy maturity if you've stayed well—and "Over 65" plans to help with Medicare—is in the "Gold Book," an informative booklet which will be mailed to you without charge by Certified.

Social Security Guide

And Certified will also mail you a Guide to the new Social Security and Medicare benefits for people of all ages. With today's soaring costs of living, and of getting sick or hurt, it's more important than ever that you know what benefits you are now entitled to from Social Security and Medicare. This information can help you figure your present and future insurance needs to help you make sure you have the kind of added security you need and want at reasonable cost. ■

****For your copy of the "Gold Book" and "Social Security-Medicare Benefits Guide," mail the postage-free card next to this page. There's no cost or obligation for this service.*

:ontinued

Second mortgage

um, or will you be meeting a eries of scattered payout dates? f the latter, you'll save on inter- st by arranging for a partial raw against the grand total ap- roved for the loan.

• Are there better sources of ash available? Some life insur- nce policies offer extremely low ates (five or six percent) against our built-up cash value. Also, ie government guarantees edu- ation and FHA loans, so there's o need to pledge the home. ften FHA Title I home im- rovement loans will meet your eeds. (You may not qualify for iese loans, however. For ex- mple, there is an economic need st for the education loans. And or the Title I loans, you must be ole to show that the money is sed strictly for home improve- ent or remodeling.)

• What are the best interest tes available? This applies not ily among individual lending stitutions, but also to categories lenders. Generally, banks and vings and loan associations of- fer the lowest rate, with com- mercial second-mortgage agen- cies slightly higher, and signa- ture-loan offices highest of all.

• What extra costs will there be? Total up the fees, points, and service charges—all are disguised interest paid in advance. One *point* refers to one percent of the total loan as a prepaid fee.

• Are there special costs? How about a prepayment penalty? Or balloon payments?

• What are the repayment periods? The faster you can pay back, the less you'll pay in inter- est overall. Don't forget, though, that persistent inflation means that you'll be repaying long-term debts in cheaper dollars in the years to come. What appears to be a steep rate today actually may work out to a lot less in in- flated dollars in the years to come.

When you're setting up the terms, keep a safety margin for unexpected events, and even though it costs a little more, con- sider longer terms. You can always send more than the sched- uled payment, and by doing this you can either retire your loan earlier (and thus save on over-all interest dollars) or build a re- serve for an installment you may want to miss later on. ■

TO BORROW $5,000
Which method suits your needs?

sume: Your original loan of $20,000 for 20 years at 6¾ percent interest, com- unded monthly, has twelve years remaining. Your monthly payments on that in are $152.08, and your equity after eight years is $5,003.52. You now owe, 1,899.52.

ancing terms	Open end* 6 ¾% on original mortgage, 9¼% on new loan, both for 12 years	Refinancing combines old and new debt at 9 ¼% for 12 years	Second mortgage 6¾%, 12 years on original mort- gage, 18% annual percentage rate, 5 years on second mortgage
ginal mortgage at 6¾%	$20,000.00	$20,000.00	$20,000.00
ility after 8 years	5,003.52	5,003.52	5,003.52
v amount borrowed	5,000.00	5,000.00	5,000.00
ments after new loan (estimated)	NONE	$500.00	NONE
v monthly payments			
· First mortgage	$152.08 x 12 yrs $21,899.52		$152.08 x 12 yrs. $21,899.52
· New loan	$57.61 x 12 yrs $8,295.84	$230.44 x 12 yrs $33,183.36 (combines old & new)	$126.97 x 5 yrs $7,618.20 (second mortgage)
Total pymts. per mo.	$201.69 for 12 yrs.	$230.44 for 12 yrs	$279.05 for 5 yrs. $152.80 for next 7 yrs.
al payments	$30,195.36	$33,683.36	$29,517.72

ote that to retain lower rate even on old loan is increasingly difficult to arrange; more ely, you'd have to refinance at current rates, as shown in the second column. Note that financing costs you $4,165.64 more than the arrangement with a second mortgage, and 3,488.00 more than with the open end example cited here.



The one on top is Purina Variety Menu. It's 95% kidney. No gravy – no cereal fillers! The other 5% contains vitamins, minerals and other nutrients. Now which one has more of the kidney your cat loves, and more of the kidney you're paying for?

For your pet's health . . . see your veterinarian annually.

Purina Variety Menu...20 varieties. All 95%.





begins on page 2

Commodity markets—

changes in supply and demand. The demand originates with consumers.

Consider an example, somewhat oversimplified. On a particular Friday, the meat manager of a local supermarket decides that because of brisk sales in recent days he will place his next order for, say, five percent more beef. The order is transmitted to a meat packer and is accumulated with orders from other retailers.

If the packer's total orders are larger by the same amount, he will instruct his buyers to purchase five percent more beef at the markets where farmers sell their cattle. What happens to the price hinges largely on how many cattle farmers have brought to market.

Should the supply of cattle be smaller than the number demanded, competition among buyers will likely result in higher prices. The higher prices, in turn, should prompt farmers to send more cattle to market. Meanwhile, though, there may be an increase in the supermarket price of beef. As more cattle are marketed, prices should decline.

Last year's sharp run-up in beef prices occurred mainly because farmers didn't *have* more cattle to send to market. Eventually, by late in the year, record high prices dampened the demand for beef, retailers cut back their orders, and prices dropped.

Cash markets for corn, soybeans, wheat and other "raw" commodities are more complex but they work much the same way. Total supply for the year is dictated by beginning inventories plus the current season's harvest. Once the supply is known, price fluctuations are due mainly to demand.

Unlike such production line items as automobiles and television sets, food supplies are highly vulnerable to the whims of nature. The soybean price spiral of 1973 is a case in point.

As late as the eve of the 1972 harvest, it seemed the supply of soybeans would be ample to meet demands. The Department of Agriculture forecast that prices would average about $3.50 a bushel. But then sudden rains and flooding caused considerable damage to the U.S. crop and triggered fears that supplies before year-end might run short. Prices rose sharply above $4 a bushel.

More unfavorable weather followed in the form of drought that withered crops across Europe and Asia at the very time when a wave of affluence was bolstering worldwide demand for the meat and other items that soybeans are used to produce. Spurred by two devaluations of the dollar which made U.S. products cheaper to purchase, exports of soybeans skyrocketed far beyond expectations. So did prices, rising above $7 a bushel.

But even that wasn't the end. An already severe shortage of livestock feed became suddenly more severe when the government of Peru disclosed that a shift in ocean currents had caused the disappearance of schools of anchovies from its shores. Fishmeal produced from anchovies had been second only to soybeans as a world source of protein feed for meat animals.

The frantic scramble that ensued for the then small remaining supply of soybeans is now history. By summer, a bushel of the critically scarce soybeans commanded the unimaginable price of $13 before the U.S. government clamped an embargo on further exports.

As the record high commodity prices moved from the farm to supermarket shelf, many Americans became openly suspicious of the performance of the marketing system. "Supply and demand" seemed too pat an explanation for the red-hot commodity prices that were burning holes in consumers' pocketbooks.

Critics seeking other possible reasons for rising prices focused their attention chiefly on commodity *futures* markets. Sharply higher prices in cash markets, they alleged, may have been caused by the buying sprees of speculators in the supercharged futures markets. Some urged investigation of possible price manipulation. At the very least, they argued, the government should

continued

Coming Next Month

No one denies that it costs money to turn wheat into bread and a steer on the hoof into sirloin steaks; but does it have to cost so *much* money? Next month's article takes a probing look at middleman charges that account for sixty cents of every dollar you spend for food.

A Sealy Posturepedic morning. It starts with no morning backache from sleeping on a too-soft mattress.



continued

Commodity markets—

tighten its regulatory leash.

Futures markets are a mystery to most people. Indeed, even the awareness of their existence was often limited—until this past year—to having heard fables (not true) of unwitting speculators finding a carload of corn suddenly deposited on their lawn.

The fact is, however, that futures markets are an integral part of our food marketing system. Roughly $750 billion worth of commodities, mostly food, were bought and sold on commodity exchanges in Chicago, New York, and other cities last year—exceeding by four-fold the total value of all securities traded on all U.S. stock exchanges.

Trading on commodity exchanges is conducted in contracts which call for future delivery of the specified commodity. No commodities actually change hands at the time of sale. A "September wheat" contract, for example, is a contract promising 5,000 bushels of wheat to be delivered in September.

Prices at which futures contracts are bought and sold are determined in open auction, with active bidding between buyers and sellers. The same supply and demand forces that influence cash prices also influence futures prices.

The need for futures markets stems largely from the fact that crops are harvested during only a brief time each year but are consumed throughout the year. In the interval from harvest until use, someone must own and store them. With millions of bushels involved, this can be a risky business. A price decline of even a few cents a bushel can be a financial disaster. Through contracting for future delivery at a firm price, buyers and sellers achieve what amounts to "insurance" against adverse changes in the cash price. This use of the futures markets—which is the reason for futures markets—is known as hedging.

Significantly, almost no one seriously questions the need for futures markets. But other questions *are* being asked: Did futures prices "lead" last year's upward spiral in food costs? Was there excessive buying by speculators? Was there price manipulation? Would prices have been lower without any futures markets?

The answers, based on federal government investigations and congressional hearings on the topic, are strongly to the contrary. Not only did our entire food marketing system *not* break down but it worked well under unprecedented pressures.

Even during the spectacular rise in soybean prices, futures prices were innocent of having "led" the price advance. In fact, the demand for soybeans for immediate delivery was so insatiable that futures prices lagged *behind* prices in the cash market.

As for allegations of excessive speculation, government figures show speculative buying of soybeans was far *below* the level of the previous year, partly because of the larger than usual risks involved and partly because of actions taken by the commodity exchanges which discouraged speculation.

"The effort to make the speculator a scapegoat for higher food prices is completely unfair," contends Warren Lebeck, president of the Chicago Board of Trade, the largest commodity exchange. Statistics compiled daily by the Commodity Exchange Authority of the U.S. Department of Agriculture reveal that even during the months of rapidly rising soybean prices speculators *sold* more soybeans than they bought (and lost money in the process). "Thus," contends Lebeck, "to the extent speculators had any influence on prices it was on the side of tempering the price rise."

Experts insist that the much-maligned speculator actually plays an essential role in the system. It is the speculator—risking his own capital in the hope of making a profit—who assumes the price risks which commodity middlemen use futures markets to avoid. Without speculators, a "charge" for risks would have to be reflected in food costs.

While professional and amateur speculators appear to have had little if any impact on commodity prices, another form of "speculation" may clearly have been a factor: Hoarding by some buyers—mainly foreign nations, it's alleged—of supplies in excess of current needs. There is no way at present to determine whether such purchases constituted bona fide hedging activities (for protection against further price increases) or outright speculation.

Charges of possible price manipulation are so far unsupported. Indeed, officials of the Commodity Exchange Authority, the government watchdog agency



commodity trading, insist
ıave found no evidence of
manipulation in the past
hectic markets.
allegation that futures
g caused high prices is like-
efuted. "Those who espouse
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Caldwell recently told a
essional committee, "should
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in which there is no fu-
market, rose over $7 a
in a little over a year while
ce of soft red winter wheat,
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particularly meat prices
an instant failure. Drown-
aby chicks made national
s; pregnant sows were sent to market, rather than kept to expand the future supply of pork; dairymen sold their herds; and cattle were not put in feedlots. All of this happened because price ceilings squeezed against the farmers' rising cost of production.

Certainly, it must be admitted that our marketing system was the mechanism whereby short supplies and strong demand translated into temporary higher food prices. But temporary higher prices, if they serve to assure adequate production, are clearly preferable to permanently empty shelves. ■



Norge introduces the laundry room that fits in the bathroom.

Now you can do your laundry in the bathroom, the kitchen or just about anywhere you want to. Norge Slimline washers and dryers are only 21" wide. Build them in, tuck them away in a closet, save yourself steps, work and time.

Norge Slimlines do big family-size 10 pound wash-loads, smaller loads, too. Programmed pushbuttons give you proper cycle, fully automatic washing, all-fabric control, water temperature control, automati bleaching and rinse dispensing. The sweeping actio of Turbo-Wash agitator gets clothes really clean.

Big, dryer cylinder gives permanent press and specia fabrics room to tumble, plus a Cool Down to pre vent heat-set wrinkles. Fingertip controls let you se it and forget it. The right temperature, right time wrinkle control system, happen automatically.

The 21" Slimline...only Norge makes it

She handles them all...husband, family,
great job, too. She's always on the go.
So she wants to stay healthy. She knows most women
need extra iron to replace monthly losses.
And it's difficult for her to be sure she gets enough iron
and vitamins from her food. So to help
make sure, she trusts One-A-Day® Brand Multiple
Vitamins Plus Iron. Ten vitamins.
Plus all the extra iron most women need.

She's a One-A-Day Girl.



Shouldn't you be a
One-A-Day Girl, too?

Buying Guide

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 136 for this shopping information.

Greenhouse in a box

Want a part-time greenhouse to extend your gardening season? It's easy as building a box. The same basic structure can serve as a cold frame or a hotbed. The cold frame is a bottomless box; the hotbed is basically the same thing with a soil-heating cable added. Some of the cables come with built-in soil thermostats that are preset for 70 degrees.

Both types of frames utilize the sun's heat to warm the enclosed soil; the hotbed just adds the extra bonus of finer control over the all-important soil temperature that's the key to easy seed starting.

The south side of the house or garage is a good spot for your box; or put it in the shelter of a thick, high hedge or a board fence. Make sure the site you choose has southern exposure to trap maximum sun and to shelter your plants from predominantly northern spring winds. Good drainage is essential, too; a level site is best. The sloping top of the frame will ensure surface runoff of rain so the box won't be deluged during showers.

You can use sand or a soil mixture for the top layer within the frame. If you plan to do most of your planting in flats or pots, sand is fine. Some cuttings also will root in sand. If you want to plant directly in the frame instead of in flats or pots, it's best to make the top layer a soil mixture. A mix of one part garden loam, one part sand, and one part peat or leaf mold is perfect.

In a cold frame, spade (six or seven inches deep) the ground underneath either the sand or soil layer to improve drainage.

After plants are started, you'll have to give close attention to interior temperature of the frame, ventilation, and soil moisture.

Don't guess at the interior temperature; install an inexpensive thermometer on the back wall of the frame so you can get an accurate reading.

The ideal temperature for seed starting is 70 degrees. When the air temperature inside the frame rises above this, prop the lid open. Close the lid again before evening. On nights when a heavy frost is expected, you should add insulated covers over the lid (see directions for making covers). The blanketing material will conserve the heat built up during the day and will keep temperature from dropping below 45 degrees —a point at which delicate seedlings in frame can be damaged.

A sprinkling can is best for watering the seedbed or flats—too much water pressure can uproot little plants.

Water whenever the soil feels dry, and whenever you notice any signs of the plants' wilting.

Don't use fertilizer on the seedbed. Small seedlings can't tolerate plant foods.

Now's the time to get your frame built and put it to work. Start soon so your plants will be large and healthy when you're ready to set them out.

Jobs for the spring:

- Use a soil bed for early crops of radishes, lettuce, beets, and onions (from sets). Harvest these quick-growing crops directly from frame.
- Sow seeds of cabbage, broccoli, kale now. In about a month, sow tomatoes, peppers, eggplant, cucumbers, and melons. Transfer the started plants to the vegetable garden at the proper planting time in your area.
- Pot up your cannas, dahlias, tuberous begonias, and caladiums and start them in the frame about six weeks before the last frost date. After the last frost in your area, it's safe to set out these summer bulbs.
- Use the frame to harden off greenhouse-grown plants. The sun filter (see drawing) is necessary during the hardening-off process.

In the summer:

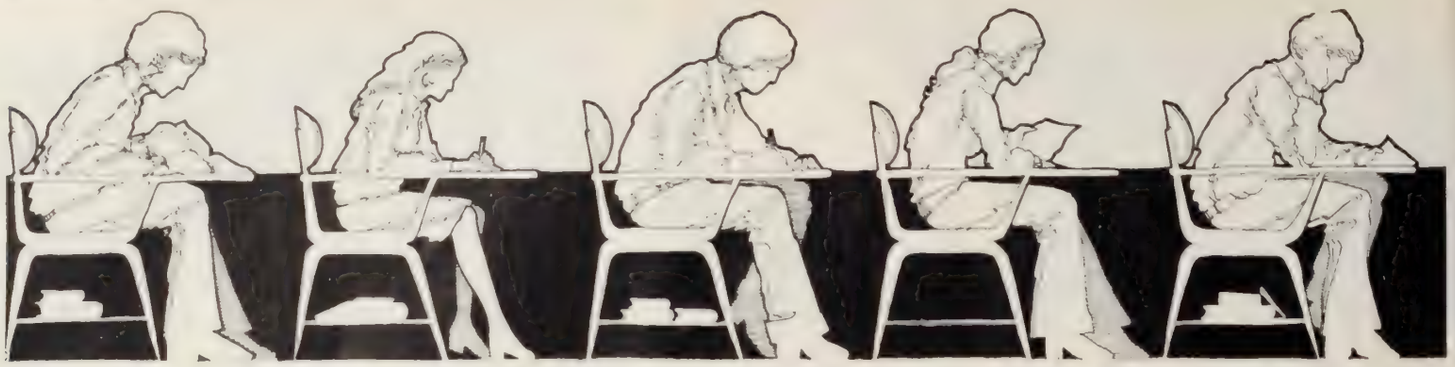
- Use the frame (with sun filter) for houseplants that need protection from sun and wind during the hot months.
- Root cuttings of trees, shrubs and perennials to set out next fall.
- Sow seeds of biennials and perennials for planting the following year.

In the fall and winter:

- Plant fall crops of lettuce, radishes, parsley, and other vegetables that like cool starts. Harvest from the frame.
- In the fall, move plants that aren't reliably winter hardy in your area into the frame. Chrysanthemums can be established in the frame in the fall, and save for cuttings or divisions to use in the spring. Canterbury bells, English daisies, foxgloves, forget-me-nots may be safely carried over the winter months for early spring planting.

continued on page 74


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ADVANCED PLACEMENT

a new way to save plenty on college costs

Last September, 277 students at Harvard who enrolled as freshmen were instantly offered sophomore standings. Those who accepted saved their lucky parents a full year's board and tuition, thanks to AP. Officially, the initials stand for the Advanced Placement Program of the College Entrance Examination Board. But for parents of college-bound kids, AP could stand for "*A*mazingly *P*rofitable" as well.

The 277 young Crimsons were not beneficiaries of some special, exclusive-to-Harvard scheme. Some 3,300 of the nation's 21,000-odd high schools now give time- and money-saving college credit AP courses, and more than 1,000 colleges and universities grant credit or placement in advanced classes to successful AP students. A substantial 92 colleges—from prestigious private schools like Princeton, Northwestern, Stanford, Brandeis, Yale, and Vassar, to some campuses of large state universities like Utah, North Carolina, and Maryland—offer immediate sophomore standing or its equivalent to students who've earned from three to four full AP credits in high school.

Dr. Donald Elwell, history department chairman at Spring Valley (N.Y.) high school, sizes up AP this way: "I figure that a student who takes enough AP courses in high school can come out $12,000 ahead. He not only saves $5,000 on that first year in college, but he can get into the job market a year earlier, typically earning $7,000 he wouldn't have earned if he were still in school."

Unfortunately, many people—including too many high school guidance counselors—know little or nothing about AP. Most parents and students see it mentioned for the first time when they begin reading college catalogs. By then, it's usually too late. But with college costs Skylab-high, no family can afford to overlook AP. Happily, wherever you live and whether or not your school system is involved in Advanced Placement, it can do something about the high cost of your children's higher education.

The ABC's of AP

In 1954, 18 high schools and a dozen colleges joined in an attempt to shorten the years of higher education (and adolescence), and to stimulate able students bored with "Mickey Mouse, busy work" high school classes, all too often repeated with only minor modifications in college. By upgrading high school courses to college level—and then testing student competency with a nationally standardized exam—AP's designers hoped to make the transition from secondary school to college more challenging and meaningful. Some 20 years and hundreds of thousands of exams later, the hope has become an ever-enlarging reality.

Nineteen AP exams are now offered in 13 subject areas: American history, art (history and studio), biology, chemistry, English, European history, French (language and literature), German, classics (Vergil and lyric), mathematics (two calculus exams), music, physics (three exams), and Spanish. The music and art exams are new additions to the program, part of an effort to continually expand and enrich it. Some high schools offer one or two exams—others almost the entire range. Not every student earns enough credits to save a full year, but in 1973, nearly 55,000 students took some 70,000 AP exams. It's estimated that well more than half were in the process of winning credits for one to a half-dozen college courses.

A student may take any number of exams in May, for a fee recently raised (apologetically) to $27 per exam by the thoroughly nonprofit organization. He may take them as early as tenth grade—as some 1,000 students did last year—but the greatest number of the three-hour objective short-answer and essay tests are taken by seniors. Standards on these exams—graded on a scale from five ("extremely well qualified") down to one ("no recommendation")—are so high that many "A" college students who've sampled them after taking the same courses in college have been unable to achieve a four or five. Most colleges will give credit for a three or higher, but some insist on fours or fives. A few award credit or placement for twos.

Is AP only for the elite?

Although AP was originally conceived for the "able" student—translated by some as the top two percent of the school population—many more students have proven to be "able." Strong interest in a subject area has been demonstrated to be easily as important as high I.Q. or top-of-the-class grades. So now, though many schools have rigid entrance criteria, others open AP classes to any highly motivated student. Many schools have 20 percent of their college-bound students in AP—and doing well.

Implementation of an AP program indicates a community's aspirations for its children. The very existence of AP directs children's attention to strong colleges (and vice versa). In one upstate New York urban school, AP was dropped as the school "went Black." Yet a predominantly Black school in Washington, D.C., has one of the finest AP programs in the nation. Many educators feel an AP class may be just the learning thrust needed to make a student sitting on his potential really take off.

How can you bring AP to your community?

Since AP is a concept whose time has come—and which is inexpensive to implement—parents can often be successful in bringing AP to schools, or in enlarging the options of an existing program. The more help—from P.T.A.s, teacher associations, student government bodies, curriculum planning boards, or better schools groups—in bringing your message to your school board, the better. Ample supporting materials are available from Harlan P. Hanson, Advanced Placement Program, College Entrance Examination Board (CEEB), 888 Seventh Ave., New York, N.Y. 10019.

Drumming up interest for AP through your state education offices is another approach. Several states, including New York and Utah, have stimulated wide interest by actively promoting AP in their schools. Education-conscious Utah makes AP courses available, through their own or nearby schools, to some 88 percent of the state's high school students.

One of the most persuasive arguments in these days of spiraling school budgets is that the program need not be a costly one. In many districts, the only cost is that of re-

continued



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continued

Advanced placement

lieving an AP teacher from cafeteria or study hall duty each day so he'll have the additional preparation time he needs. In others, the only cost may be that of running classes smaller than the district average. Typical AP class sizes range from 12 to 20 students (larger ones just don't work as well).

For many schools, the AP program presents no problem—they are already running honors and advanced sections for bright students. An honors physics class can easily convert into an AP physics class for some or all the students in it. A fifth-year French class—simply by including the required readings for the exam—becomes an instant French AP class. With paperback books abundant, cost of materials need not be high. In districts with too few students to justify a class, two or more schools can combine to offer a program. Independent study, with a helpful faculty member to advise, is an excellent option.

Few districts pay anything toward the exams themselves, although the cost is no more than that of a pair of football shoes. In some districts, the cost is picked up for students who can't afford the fee. In others, teachers have been known to quietly pay for such students, and in still others, P.T.A.s offer scholarships—a bargain with less than $100, in effect, underwriting a full year of college. In special cases, fee reductions of up to $20 are granted by the College Board upon school authorities' recommendations.

Schools that fear they don't have the Ph.D or college-experienced instructors needed for AP can be assured that enthusiasm for the subject is the chief qualification. The ideal teacher demands a great deal from himself and his students, and is not threatened by pupils who may, in fact, be brighter than he. Says national AP director Hanson, "The teacher often grows with the students, and the whole school benefits. His growth and excitement spill over into his other classes, and to other teachers as well."

Help in establishing an AP program in your community is freely available from Dr. Hanson. He can provide consultants for visits or teacher conferences in large districts, and for smaller ones, lists of experienced AP teachers from nearby districts for informal consultations.



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Can your child participate in AP if your district won't?

Surprisingly, the answer is yes. Hundreds of students around the country prepare themselves independently for one or more exams every year. AP is so flexible that any child's options are as wide-open as his own initiative. He can choose independent study, getting course outlines from CEEB and working on his own. He can work with a minister, doctor, librarian, or qualified parent—anyone knowledgeable in the area he's exploring. He can take a similar course at his own high school or, after hours, at a local library or college, doing necessary additional reading on his own. (A few community colleges actually offer AP courses, so check with yours.) There's one final option: The student can take an AP correspondence course from the University of Nebraska, the only college offering that possibility. For information and costs, write: Mrs. Thyrma Organ, High School Counsellor for Correspondence Study, Nebraska Hall 511, University of Nebraska Extension Division, Lincoln, Nebraska 68508.

Are there other advantages?

There are many. Says Mildred Alpern, a teacher who is her high school's AP coordinator, "AP is not just a money-saver. It's a student-saver as well. It saves students from the boredom of a curriculum that is not sufficiently challenging, and helps avoid that dreadful ailment of the 12th year: Senior Slump." It's good for schools as well. According to Dr. David Harnett, director of Advanced Standing at Harvard, the AP program has been the most effective vehicle for upgrading high school teaching in the last decade. He adds, "As high school preparation became better, colleges, including Harvard, have had to upgrade introductory courses to meet the backgrounds —and challenge the needs—of incoming students."

The emphasis in AP courses on developing critical thinking, on learning to absorb great masses of material rapidly, and on writing clear, effective essays using primary research sources has been part of this preparation, and has benefited even those students who have not earned credit. Several studies have shown that AP students, on the average, do better work in college than do students with equal or greater abilities who have not taken AP courses.

Unlike the Ford Foundation's Early Admissions Program, AP doesn't pluck a 16- or 17-year-old out of high school after his junior

continued

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the exams.

Credits can be earned, too, through evening, summer, or correspondence courses at local—or distant—colleges. Or, students may acquire credits by taking exams—such as those at Michigan State allowing the possibility of sophomore status—administered by the college itself. Some schools limit those to courses in which AP does not test, so here, again, the student can save disappointment and frustration by inquiring first. ■

(Written in cooperation with Arlene and Howard Eisenberg, noted education writers.)



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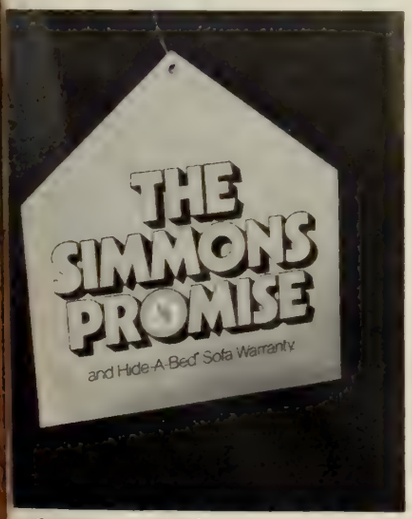
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What can be done about birth defects?

The birth of a child should be a joyful event, to be anticipated with pleasure throughout the nine months of pregnancy. But a hidden fear haunts prospective parents—that their child will be born deformed or defective. That's why, when prospective parents are asked the standard question, "Would you prefer a boy or a girl?" the standard but heartfelt response is "Just a healthy baby."

These fears have far less foundation in fact than they once did. According to Dr. Virginia Apgar of the National Foundation-March of Dimes, many congenital conditions which once sentenced a child to a short or handicapped life can be treated or corrected. Yet because of the old wives' tales—and the sense of shame and guilt still surrounding the birth of a child with a defect—many parents don't take advantage of current treatment procedures. Some still consider a defective child "God's punishment" of his parents.

To help couples realistically assess their chances of having a healthy child, here are the best answers to date to the most important questions.

Are all birth defects serious?

No. No one of us is born perfect—as unique individuals, we all vary from the norm in some way. Almost everyone has a mole or birthmark—a form of defect. Millions of Americans have defects of color vision—a congenital, inherited visual disability. However, few of us are handicapped by these defects.

Of more consequence are those defects which the National Foundation defines as disorders of body structure, function, or chemistry which can cause disfigurement, result in a physical or mental handicap, shorten the victim's life, or cause death at the outset. These conditions may either be inherited through the genes or may result from some occurrence during pregnancy, such as the illness of the mother. Many do not cause trouble until years after birth. Some can better be described as a "weakness" rather than a disorder, in that they leave a person susceptible to some health problem which he may or may not develop.

About 1,500 types of defects fall within the National Foundation's definition, but many are so rare that a physician may see only one case in all his years of practice. The most common fall into about sixteen loose groupings, including disfiguring birthmarks; cleft lip or palate; limb deformities or missing limbs; mental retardation; diabetes; malformations of the heart, urinary or digestive systems; blindness and visual impairment; deafness and hearing impairment; muscular dystrophy; sickle-cell trait; metabolic disturbances; Rh disease; incompletely formed spine; water on the brain; and cystic fibrosis.

What are the odds that a couple will have a defective child?

The accepted figure is that one in 14 full-term pregnancies results in some kind of defective birth, minor or serious. However, the figure was compiled in the late 1950s and many doctors doubt its accuracy. A Wisconsin study of 4,000 births showed the figure was almost twice that high. The apparent discrepancy may be explained by different definitions of a defect, by better knowledge of defects, or by better reporting. In the past, many defects apparently were not counted because they did not appear until after the infant had left the hospital.

In any event, the odds of giving birth to a defective child vary from couple to couple and pregnancy to pregnancy. They are quite low for the majority of couples, higher for some others. Age of the mother and ethnic background, as well as family history, are among the factors involved. Mothers in their teens and 40s have more defective births, and so do close relatives who marry. Some kinds of defects are more prevalent among certain racial and nationality groups. More black babies than white babies are born with extra fingers and toes, whereas white babies more commonly have cleft lip or palate. *Sickle-cell* trait is largely confined to blacks. *Tay-Sachs disease,* a fatal brain condition, occurs almost exclusively among children of Eastern European Jewish ancestry.

And the incidence of some defects may be increasing. This is because persons who would have died young in an earlier age now survive to pass along their conditions to a new generation. Diabetics are a case in point. Before the discovery of insulin, many lived only into adolescence and did not have children.

Although the possibility of a defective birth probably never will be predicted with 100 percent accuracy, enough can now be calculated about the odds to relieve many couples of unnecessary anxiety.

How early can you determine if a child has a defect?

Some are unmistakable as soon as the child is born. Cleft lip and palate, open spine, water on the brain, clubfoot are among them. Other conditions which are invisible to the layman's eye are readily recognized by the physician. These include heart and kidney defects. Within a minute of birth a physician usually calculates an infant's "Apgar score," based on heart rate, respiratory effort, muscle tone, reflexes, and color. A low Apgar score and extremely low birth weight are considered immediate danger signals of a possible internal defect.

An increasing number of routine tests now make it possible to detect many conditions which previously could not be recognized until symptoms appeared and damage had been done. These include *galactosemia* (the inability to digest milk sugar) or *phenylketonuria* (often called PKU, a deficiency of a liver enzyme), either of which can cause severe brain damage. Tests administered within a few days of birth can disclose these and about 30 other less common conditions of chemical imbalance in time to correct them by diet. Some of the tests are required by law in many states.

A certain number of other defects make themselves apparent within the first year of the child's life, including deafness and hearing impairment, congenital hip dislocation, and *cystic fibrosis.* Others do not appear until adolescence or adulthood. A child may be in his teens before he shows symptoms of *Wilson's disease,* a deficiency of copper metabolism which results in brain damage—although the condition can now be detected and corrected at three months with a family history of the disease. *Huntington's chorea,* a degenerative nervous system disease, strikes in the victim's late 30s and 40s. By then he may have had his own children who will have to wait the same agonizing interval to discover if

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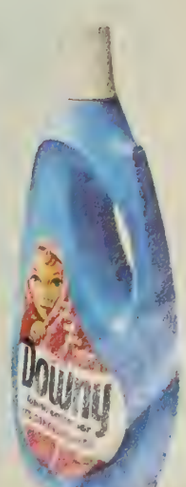


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continued

Birth defects

they are afflicted. The inborn tendency to *diabetes mellitus* may not cause disease until the victim is 50 or older.

Is it possible to know before birth if a child will have a defect?

Some defects can be identified as early as 14 weeks after conception, through a process called *amniocentesis*. A thin, hollow needle is inserted through the mother's abdominal wall into the uterus and a sample of the amniotic fluid which surrounds the developing fetus is extracted. The fluid contains fetal cells which can be analyzed in the laboratory. The procedure is used when there is reason to suspect a defect because of family history or because the mother has been exposed to some damaging outside influence, such as *German measles*. Since some cases of mongolism are hereditary, the procedure is often used when the couple already has a mongoloid child. Amniocentesis can also identify the sex of the child, which may be important in hereditary sex-linked disorders which afflict males but are carried by females.

The knowledge gained by amniocentesis enables a doctor to begin treatment at birth, and even before birth for some biochemical conditions. For some parents, early diagnosis may even permit termination of the pregnancy, where it is considered warranted by a doctor.

Are all birth defects inherited?

No. Only one in five arises directly and solely from the child's genes. Another one in five could be considered accidental—the result of some event not related to heredity, such as the mother's exposure to German measles or to *toxoplasmosis*, the disease carried by household pets. The overwhelming majority of defects—three out of five—are caused by interaction between heredity and environment.

The genetic makeup of one child will make him vulnerable to events that would not affect the next child—in the same way that pollen makes some people sneeze but does not bother their neighbors. The classic example of interaction between heredity and environment occurred in the famous thalidomide case several years ago. Some mothers who had taken the tranquilizing drug in early pregnancy gave birth to babies with deformed limbs, yet others who had used thalidomide bore healthy infants. No one knows why some were spared.

How is a defect inherited?

All normal human cells, except reproductive cells, contain 46 chromosomes, each of them a "package" of genes that determines individual characteristics, such as color of hair or eyes. At conception each parent provides a 23-chromosome reproductive cell to begin the new life, and the two unite into a 46-chromosome cell which grows into the baby. The child thus may inherit a "bad" gene from either parent's reproductive cell, or from both.

A defect passed through the genes may be dominant, recessive, or sex-linked. A dominant inheritance occurs when one parent has the condition. Each offspring then runs a 50 percent chance of receiving it from that parent's genes. High blood-cholesterol levels, and a resulting propensity to heart disease, are dominantly inherited. So is Huntington's chorea. A recessively inherited disorder is transmitted when both parents appear normal, but by chance each unknowingly carries the same harmful gene. Receiving the defective gene from both parents, the child stands a one-in-four chance of having the disorder; a two-in-four chance of being a carrier like his parents—but free of the disease as they are—and a one-in-four chance of being neither a carrier nor affected with the disease. Recessively inherited disorders are less common than dominantly inherited ones but tend to be more severe. They include sickle-cell trait and Tay-Sachs disease.

X-linked or sex-linked inherited defects stem from the fact that normal females have two X chromosomes, normal males an X and a Y. When a mother carries a faulty gene on one of her X chromosomes, each of her sons runs a 50-50 risk of inheriting the disorder, each of her daughters a 50-50 chance of being a carrier like her mother. The most famous sex-linked defect is *hemophilia*, the inability of the blood to clot. Britain's Queen Victoria was a carrier of hemophilia who passed the defect along to several members of royal families of Europe.

Some defects are passed along not by true inheritance but by chromosomal accident. When the reproductive cells are being reduced from the normal cell's 46 chromosomes to 23, a cell may be produced which has too many or too few chromosomes, or broken or misplaced ones. Most cases of mongolism result from extra tissue, called chromosome 21, which may be the result of either accident or inheritance. Sometimes, for reasons unknown, a chromosome assumes a differ ent form from its predecessor and this new form is passed dow through the generations. Such a occurrence is called a rearrange ment or translocation.

As a general rule, a conditio which has never previously oc curred in a family will not occu in the children. A rare exceptio is a mutation. But a conditio carried in the genes of both pa ents is markedly more likely t crop up in the children. For th reason societies traditionally hav forbidden marriage between clos relatives who may share a con mon gene pool.

Are drugs and X rays harmful?

The danger of radiation durin early pregnancy has been we established. Most physicians an dentists refuse to X ray pregnan women. Women who have bee exposed to atomic radiation, a in World War II Japan, als showed a significantly higher ra of birth defects.

As for medicinal drugs, the potential danger was dramatize by the thalidomide case. Fort nately, this tranquilizer was nev approved for use in the Unite States, but its ravages were seve in Europe. Hormones and an cancer drugs recently have bee shown to have significant lon range effects. Dr. Arthur Herb of Massachusetts General Ho pital has proven that a synthet hormone given to women to for stall miscarriage rendered the daughters susceptible to vagin cancer 15 to 20 years later.

Heroin and LSD—and exce sive use of alcohol and tobacco— also may be hazardous to t unborn. LSD is known to dam age the chromosomes, where children born to heroin-addict mothers are themselves bo hooked on drugs. Heavy smo ing and drinking are believed cause underweight babies, w are also susceptible to other d fects. A University of Washin ton study recently found th alcoholic mothers bore childr with skeletal deformities.

Are certain periods of pregnan riskier than others?

The most dangerous times f outside "insults" which may tr ger a defective birth are in t first three months of pregnan when the most vital organs a developing. Unfortunately, t danger period is the time a wo an is least likely to be aware her pregnancy. A suspected pre nancy should be confirmed quic ly, so that the expectant moth can take precautions to prot her baby. Good nutrition is es cially important. Thus, it is no cident that high birth-defect ra

continued

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continued

Birth defects

occur in underprivileged areas.

If a couple has had one defective child, what are the chances the next birth will be defective?

If the cause was purely environmental, like German measles, the odds are overwhelmingly against it. And if the defect resulted from some interaction between heredity and environment—the common explanation for cleft lip or palate, for example—the odds are great, perhaps 19 in 20, that the second child will be healthy.

In cases involving purely genetic factors, "chance has no memory," as statisticians say. Each child runs the same risk of defect as the firstborn. This fact, the key question brought to genetics counselors by couples, is the most difficult for parents to accept. It seems a cruel irony for those who already have one afflicted child.

However, scientific advances now make it possible to calculate the risks with much greater precision. Once all genetics counselors could do was study family histories and apply the laws of genetic probability, but now they are able to support their predictions in the laboratory. Parents' can be studied for the presence or absence of defective genes, and whole families can be checked for such defects as Tay-Sachs disease, sickle-cell trait, and others. Although the decision on whether to risk a second pregnancy is still painfully difficult, parents now can get fuller information to help them decide. And if a pregnancy does occur, amniocentesis enables doctors to determine in some cases whether the developing infant shows the defect, so that it can be anticipated and treated, or, in severe cases, the pregnancy terminated.

What can be done to correct birth defects?

An astonishing amount. Surgically, many defects of heart, urinary and digestive system can be corrected in even the tiniest of children. In the summer of 1973, a team of surgeons at Stanford University Hospital even performed corrective open-heart surgery on an entire family of four children in one day—and afterwards described the event as routine! Surgery can give relatively normal lives to victims of cleft lip or palate, clubfoot, open spine, and even water on the brain.

A remarkable procedure called cellular engineering can replace defective cells with normal ones. A condition called *agammaglobulinemia* once left its victim vulnerable to infectious disease because their bodies were congenitally unable to produce ant bodies to fight off the invader Now, if compatible donors ca be found, some of these childre can be given transplants of bon marrow which serve as stem ce to produce normal immunolog cal responses.

Diet and medication can co trol many metabolic disturbanc which once could not be checke These include PKU, galacto emia, and other disturbances i volving the body chemistry.

How can certain birth defects prevented?

One simple step would be for women of child-bearing age and even young girls—to recei anti-rubella vaccine. This vir disease, which is minor in no pregnant adults and even ch dren, can be disastrous duri pregnancy. In the early weeks pregnancy, the rubella virus c cross the placental barrier a cause hearing and visual impa ment, deformities, and retard tion in the developing fetus. T epidemic of 1964-1965 is es mated to have caused 50,000 formities. Yet a single injecti can render a mother immune these effects.

A second preventive st would be for all couples to ha their blood analyzed for Rh fa tor incompatibility. This con tion, a problem only when an R positive father marries an R negative mother, can cause an mia, mental retardation, or he damage if the child inherits father's Rh-positive blood in co flict with his mother's Rh ne tive. More than a quarter of million pregnancies face this r each year. However, an Rh v cine has been developed that be given to an Rh-negative mo er after delivery which will p tect future children against incompatibility. A woman m also be sensitized during sp taneous or therapeutic aborti so the Rh vaccine is also reco mended after these events. An a doctor knows in advance Rh factors of both mother a father, he can take steps to p tect the child against Rh disea

Third, blacks, in particul should be screened for sickle-c trait, a condition that produ red-blood cells in a sickle sh instead of the normal circu shape. These cells may clog sm blood vessels and block oxy and blood flow to vital tissu The trait is not a problem un the child inherits it from b parents.

In that case, the child may velop sickle-cell anemia, wh

continued



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**eps can a couple take to
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(Written in cooperation with Edwin Kiester, Jr., a noted medical writer.)

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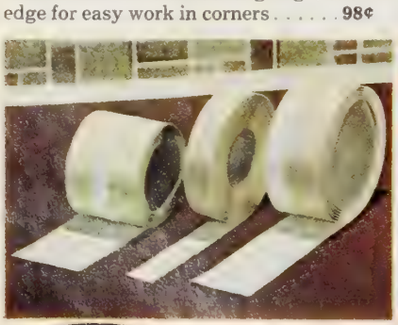
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Remodeling: How to make a good house better

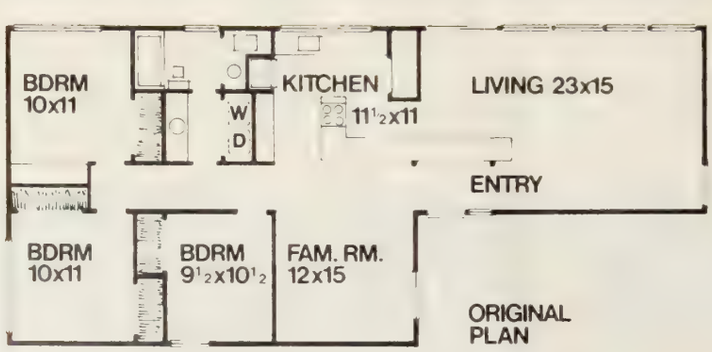
By Stephen Mead

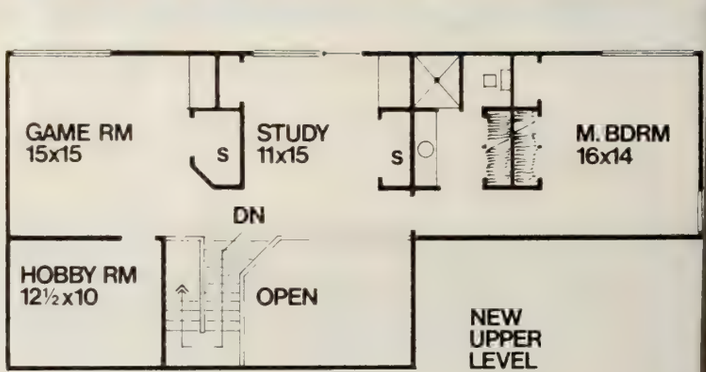
Anticipating the future—and planning for it—is a real challenge, particularly when it comes to predicting demands on living space. Changes in personal taste, family size, and activities can exert unexpected pressures on even the most carefully planned house.

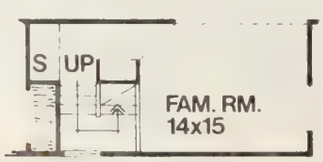
If and when a family starts talking additions, one of the first questions to arise is, "Where can we add on?" Another might be, "What will the new space do to the existing space?" If the house wasn't designed with future expansion in











This house grew up

nind, satisfactory solutions might be difficult to achieve.

This problem didn't exist, nowever, for the architects/owners of the two homes featured here. Each architect designed his home with an eye to the future, anticipating the need to grow in later years. The original floor plans for both houses, just as they appeared n Better Homes and Gardens everal years ago, show their nodest beginnings. The expanded ersions are good examples of vell-planned growth.

When the Donald Bowman family grew to the point where activity space was at a premium, expansion seemed the best idea. And, because they'd vowed all along never to disturb their beautiful lawn, the only direction for them was *up*.

What began as a considerable challenge turned out to be a source of great personal satisfaction and accomplishment. An entire upper level—including a hobby room, game room, study, and master bedroom/bath—*doubled* the total square footage of the house.

The lower level benefited, too. The family room acquired a vaulted ceiling and two extra feet in width. And, the smallest bedroom contributed space for a stairway, storage, and bar.

The panoramic view from the new stairway extends past the kitchen into the far corner of the living room, roughly 40 feet away.





Photographs: John Fulker
Architect: Donald Bowman

Better Homes and Gardens
House Plan 3401-A
To order, see page 157.
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Buying information, page 136

At the top of the stairs, the hallway to the right leads past the study and bath into the master bedroom. The study, overlooking the family room, not only serves as an adult retreat, but also acts as a buffer between the game room and the master bedroom suite. Storage units terminate short of the vaulted ceiling to create a feeling of openness.

Extensive use of glass brightens the already colorful master bedroom. It features two unusual touches—a fireplace stack and a custom headboard. The insulated stack rising from the living room fireplace could have been hidden easily. Instead, a coat of bright red paint makes it an interesting design element. Rough-sawn plywood begins as a massive floor-to-ceiling headboard, then converts to an attractive overhead treatment that extends the length of the house. Pairs of 2x12s outlining the plywood also carry the roof load. Battens spaced every 12 inches add architectural relief.





This house grew down

Peter Scott started with a 1,004-square-foot home (lower left) that contained three bedrooms, a bath/utility room, half bath, kitchen, dining, and living areas. The rooms were understandably small, but the overall floor plan was comfortable, efficient, and —most importantly —within budget.

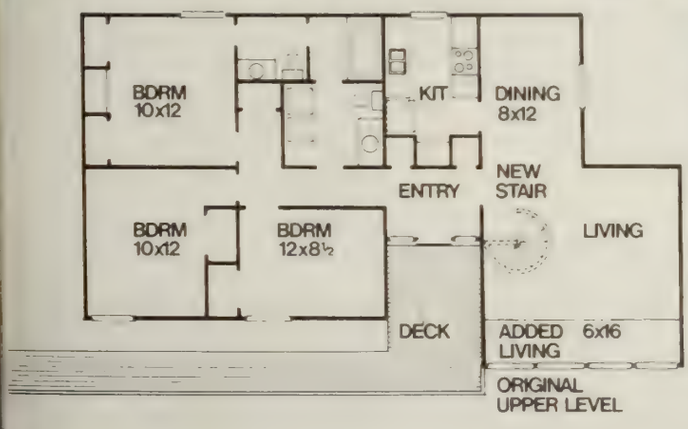
As the years passed, the bedroom cluster worked well. Peter and Lois were sufficiently close to the kids to hear telltale signs of problems. But, when the youngsters reached their teens and the Scotts no longer felt the need to be just around the corner, they decided to add a master bedroom and bath—well-separated from the enthusiastic sounds of youth. The location of the addition: slung under the living/dining area where it cantilevers over a steep, downhill slope.

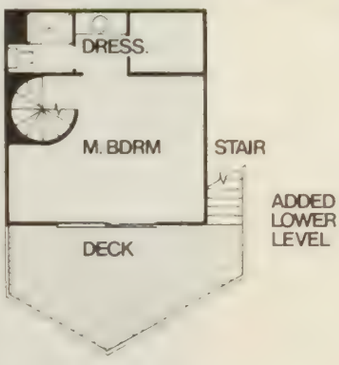
To shave mechanical costs, the Scotts positioned the new bathroom next to the central plumbing core and tied heating runs into existing ductwork suspended under the house. Access to the upper level was handled by placing a circular stairway in the living room near the entry. The living room was extended six feet, adding nearly 100 square feet of elbowroom.

A new deck off the master bedroom makes the 384-square-foot addition even more spacious.









Existing ceiling beams and floor joists in the living room were extended to support the added structure. (The beam treatment is visible in the photo at right. Note the two new 2x10s bolted to the old center beam.) The same windows and framing that formed the original end wall were used in the remodeling. Rough-sawn cedar 1x10s, applied horizontally over existing drywall, camouflage the transition and blend with the rugged, natural panorama outside the window wall.



The new bath/dressing area, opening directly off the stairway, is convenient both to the master bedroom and to the living area above. A pocket door separates the shower/toilet space on the left from the central lavatory/dressing area. To the right is a double closet.





Photographs: Fred Lyon, Architect: Peter Scott, Source: Barbara Gothcart

Eighth-inch plywood, curved in a three-foot radius, forms the skin of the spiral stairway. The plywood is covered by a lightweight nylon carpet in the stairwell and a vinyl wall fabric on the surface facing the living room. Trim is white pine, soaked and pre-bent to conform to the stair's radius. A strip of black vinyl finishes off the top surface.

Better Homes and Gardens
House Plan 3510-A
Original and amended
version in one package.
To order, see page 157.

Buying information, page 136

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GOOD NEWS



A Sachs-Wankel-powered lawn mower? That's right—and it's much more than just a novelty. First of all, it really cuts grass down to size. Since the rotary engine is compact, you get more power without excessive weight. The mower comes with a full four-horsepower motor that won't bog down even in high, wet grass.

There's no oil to change or crankcase to drain each fall because the engine runs on a 50 to 1 gas/oil mix. And there are no tricky adjustments to make, either. Just flip a single lever to the "start" position, pull the cord, and flip the same lever to the desired running speed. When you want to stop the unit, move the same lever to "stop."

In addition to its unique engine, the mower offers many convenience features. When fueling the engine you'll appreciate the widemouthed filler hole—it's big enough to make your funnel obsolete. Exhaust noise is deadened by a large muffler mounted on the front of the engine housing. The wide tires rides smoothly over wet, soft earth and are mounted on ball bearing magnesium wheels. The handle folds flat so the mower takes little storage space.

Wankel Grass Cat Lawnmower, $159.95. Arctic Enterprises, Thief River Fall, Minn. 56701.



Enjoy the natural goodness of homemade ice cream without the bother of making it the old-fashioned way. With this modern ice cream maker there's no ice to crush, no rock salt to buy. Just pour your favorite ice cream ingredients into the machine and put the whole unit into your freezer.

How does the machine work? It's this simple: Plug the unit into any properly grounded 120-volt household outlet and close the freezer door over the stainless steel sleeve on the cord. A fan in the top of the unit draws frigid freezer air up along the outside of the metal mixing container while a dasher inside the can scrapes, breaks up, and smooths the freezing ice cream mixture. When it reaches the proper consistency, the dasher blade stops automatically.

Salton Ice Cream Machine, $19.95 in housewares depts. Salton Inc., 1260 Zerega Ave., Bronx, N.Y. 10462.

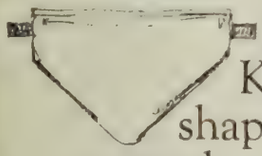
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How the diaper that fits better protects delicate skin

If you know about babies, you know about delicate skin. And so do we.

That's why we made Baby-Shaped Kimbies diapers softer all around. And completely plastic-free inside.



That's why we shaped Kimbies the way a baby is shaped. And fixed our shape securely, so it can't pull out.

That's why we gave our diaper soft center folds. To help tailor the bulk, so there's not so much material to rub and chafe.



That's why we gave Kimbies a special liner to draw wetness away from fragile skin, and send it deep into the absorbent fluff center.

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Baby-Shaped Kimbies disposable diapers. The softest things next to your soft, delicate baby.



Baby-Shaped Kimbies
Better fit is only the beginning



Kimbies and Baby-Shaped are registered trademarks for another helpful product from Kimberly-Clark Corporation

WHEN IT'S 3:10 IN THE AFTERNOON BUT YOU FEEL LIKE IT'S 10:30 AT NIGHT...

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Vivarin...because the best part of the day is still ahead of you.



Ceramic Tile Picturebook-25¢ (A lot of ideas for a little.)



Ceramic tile can turn anyplace into a showplace. And we've got a great book to prove it. It's filled with ideas and photos to help you create stunning visual effects all over your house.

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Tile Council of America, Inc.

GOOD NEWS







This versatile do-it-yourself tool is really three tools in one.

First, the unit serves as a conventional ⅜-inch drill powered by a rugged ⅓ horsepower motor. There's an adjustable trigger speed control that drives drill bits and screwdriver blades from 0 to 1,000 rpm's in either forward or reverse.

With the chuck locked so it won't rotate, the unit becomes a high frequency impact tool. It delivers 33,750 blows per minute for chiseling, gouging, lifting putty and tile, and scraping rust, paint, and wallpaper.

The third mode combines both the rotating force of the twist mode and the reciprocating action of the impact mode. The tool becomes a hammer drill for really efficient drilling in masonry, brick and concrete.

Just twist the ring behind the chuck to select the proper operating mode. The tool has a rugged impact-resistant plastic housing that is double-insulated for safety, and a burnout-protected motor.

Skil 599 Xtra-tool, $49.95 in hardware depts. Skil Corp., 4801 W. Elston Ave., Chicago, Ill. 60630.

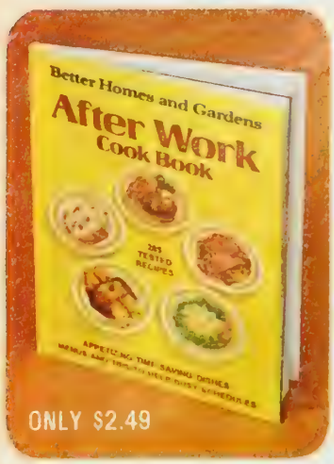
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285 easy recipes that taste like you cooked all day. If you ever find yourself long on appetite and short on energy, here's help for you. This new book features recipes that can be ready to serve 30 minutes after you walk into the kitchen; recipes you can cook ahead and freeze or refrigerate until serving time; and recipes you can prepare quickly and relax while they cook. Included are main dishes, salads, appetizers, vegetables, desserts and breads. Full color photos; hard cover.

For you, or as a gift, ideas that make a difference from Better Homes and Gardens. Just $2.49, wherever books are sold.



GOOD NEWS



Stacked up or scattered throughout the house, these sleek Parsons-typ tables add a colorful accent to any room. And because they're mad of durable, impact-resistant plastic, they'll weather nature's wors outdoors and a child's worst indoors.

You can use the tables individually or in sets, or stack them to form bookcases or storage units. When you want them out of the wa you can remove the legs in minutes and tuck the whole unit into closet. The tables are available in white, black, yellow, and orang

Parsons Tables, from $6.66 in housewares depts. Republic Mold ing Corp., 6330 W. Touhy Ave., Chicago, Ill. 60648.



Turn a tube of silicone bathtub seal into a caulking gun with a twist the key on this handy household gadget. The hand-sized wring applies high pressure to squeeze sealants through the tiny hole need to do precise caulking work.

But that's just a start. Attach the device to any metal or plastic tu and it squeezes out up to 35 percent more of the contents than y can by hand. That means you use all the toothpaste, all the premix cake decorator—or whatever else you have in metal or plastic tub (And the gear-like cogs in the rollers will seal ruptured tubes.)

In the workshop, you'll find the device handy for dispensing lub cants and adhesives. Since you can feel the "click, click" as the roll turn, it's simple to meter out uniform amounts of two-part epox

Tube Wringer, $3.95 and $7.50. Gill Mechanical Company, P 5529, Eugene, Oregon 97405.

p your iture looking best

r you have junk-shop . heirloom antiques, or ew furniture, you want to looking its best as long as . That calls for regular and the right care. Fol- these maintenance tips e the job much easier.

ce a week, dust over all e surfaces with a slightly ean cloth to prevent soil

uum wood pieces and red items with the softest ccessory; use the uphol- ozzle or crevice attach- chairs and sofas.

ose a dusting wax for a e on wood surfaces. nove dirt and oily film y furniture wax except ax.

a creamy cleaning wax ture (teak, pine, and oak) s not need a high luster. a paste wax and elbow hen you want strong pro- such as on porous woods l antiques.

he right way to wax

with soap and water is mmended for cleaning . Use a cleaning wax to common household soils previous coat of wax or turate a clean soft cloth (spray the furniture di- using a spray cleaning ean about one square rea at a time using a cir- otion. The final wipe e with the grain. Wipe nce with another clean ile the cleaning wax is t and the previous coat loosened and soft. again, the final wipe e with the grain. After reapply the wax of your

ning special surfaces

r use an abrasive clean- ble tabletops or shelves. s spills occur, wipe them diately, dust with a r dusting wax, and treat e wax for added protec- not use an alkaline solu- or detergent) on mar- e solution is absorbed orous limestone forma- alkali breaks down the sing dull rough spots on e.

cleaning wax on lam- astics. Even on this face, you should wipe s they occur.

ean bamboo, rattan, or on chairs, spray a soft cloth with an aerosol dusting wax or rub a few drops of liquid wax into a soft cloth before rubbing over furniture.

• To keep stainless and chrome trims on furniture sparkling, use an aerosol dusting wax.

• To keep glass tables, shelves, and mirrors looking their best, treat them with a spray wax or the new multi-surface cleaners and polishes.

• Keep leather upholstery soft and lustrous by using paste wax every six months.

• Clean vinyl upholstery frequently. A medium-luster cleaning wax is nonabrasive.



Actual closed-circuit reception on XL-100 (Model FS-480) photographed separately under controlled lighting.

Art Fisher was a color TV holdout.

Night after night, the director of the "Sonny & Cher Comedy Hour," perhaps television's most colorful show, sat down to black-and-white. He just wasn't happy with the color on the color sets he'd seen.

As a test, we asked Emmy-winner Fisher to watch an RCA XL-100. (The "100" means it's 100% solid state.) In short order, Fisher knew his holdout was over.

"The color is incredible," he said, "just the way I see it in the studio." "I look for the intensity of color, the range of color. On the XL-100 I discovered that the complete spectrum is there, quite vividly."

More TV experts own RCA.

Art Fisher is in good company. Based on recent nationwide samples, more TV experts—directors, senior cameramen, chief engineers, independent service technicians—more experts in each of these categories own RCA than any other color TV. In fact, more people own RCA XL-100 than any other solid state color TV.

We could go on about what that means to you. But we think the picture is pretty clear.

RCA is color you can count on.

XL-100

RCA

By David Ashe, Robert Dittmer, and Elizabeth D. Craster

MAKING A PLACE FOR TV AND SOUND



Home entertaining equipment used to pose decorating problems. Supposedly the bigger it was, the better it was. Today miniaturization techniques such as transistorizing and printed circuitry have ushered in a new look in electronic equipment. Good design is no longer a rarity. These smaller, better designed units can be tailored to fit space requirements—and just as important, the tastes of individual members of the family. And when repairs are necessary, there's a dollars-and-cents advantage to a compact unit: you don't have to hire a truck to get it to the repairman. Of course the final choice depends on how you live and what you like. To help you make a wise decision we've selected some examples of current home entertainment units—tape decks, stereos, television, radios, and component parts. Notice how amicably they coexist with today's families and furnishings.

For workshop buffs, we've included some ingenious ideas for consolidating and enjoying your home entertainment equipment. Remember, you may have to alter the basic dimensions of these workshop projects to give your own equipment that custom-made look.

Move-about people applaud this two-piece eight-track stereo tape player and AM/FM stereo radio combination. It operates just about anywhere—on a car's cigarette lighter adapter cord, on household current, or with built-in batteries.



Youngsters will find this manual two-speed phonograph and radio a compact companion for an overflowing bedroom. The unit also makes a tuneful tagalong, as it operates on six "D" batteries as well as AC current. The AM radio has vernier tuning and a built-in antenna.

Here's a make-it-yourself rectangular box that incorporates a tape deck, FM/AM/FM stereo receiver, and turntable. The rest of the space is divided into slots for an ample record library. A detachable dust cover protects the turntable when not in use. Our unit is built of birch plywood with taped edges, and it's finished with semigloss varnish.

Project Plan 4403-1.

tographs: Mike Dieter





keep the cook company, here's
mpact black and white
. It sits on a swivel base
can be turned in any
ction with a flick of the wrist
ou can't miss one
thless nuance whether you're
ning vegetables or whipping
cake. Add the optional
-on base battery pack
the TV can go outdoors to
cookout or barbecue as
as the kitchen.

If space is scant, this hanging shelf or sideboard will fit your needs. A workshop project, it provides room on top for a four-channel cartridge tape deck. Fold-down rack below holds tapes at an angle so titles are easy to read. There's more storage behind the tapes. Speaker cables are routed out the back and hidden within the wall.

Project Plan 4403-2.





ng information, page 136
to choose home
rtainment units, page 123

er Homes and Gardens
ect Plan No. 4403-1-2-3-4-5
der, see page 157

Commodious coffee table on casters is built to house a turntable on one side, and a cassette player and amplifier on the other. Speakers placed elsewhere in the room are hooked up by external jacks. With the sliding smoked-plastic dust covers closed, the table serves a bevy of floor sitters. When table is used as a music center, it's moved to any convenient location.

Project Plan 4403-3







This chair-side table doubles as a self-contained record player and storage unit. The sides are decorated with geometric wood appliqués which can be painted to coordinate with your color scheme. Wood shapes, as well as being decorative, also disguise two swing-out lid supports. Thus the tabletop, even when open, offers the same space as it did closed.

Project Plan 4403-4



Keeping up with the news and sports scores is a snap with this totally portable seven-inch black-and-white TV. Weighing only 15 pounds (with the batteries) it fits neatly on the bathroom counter or near the barbecue. Don't be careless about safety—use the built-in battery compartment when you're near water. The TV operates on AC or DC with optional batteries or auto/boat adapter.

Any clean-lined, classic design deserves to be shown off in the overall room decor. And this unit proves the point. The stereo FM AM radio phonograph/eight-track tape player in a simulated walnut case is an eye-catching accessory even when it's not in use. Sleek lines make this unit marvelously flexible—at home with traditional or contemporary.







Pedestal television cabinet is divided into two sections. The top houses a one-touch solid-state portable color TV; the bottom half offers ample space for those hard-to-store over-scale books. The flip-up lid—one side covered with orange, the other with yellow felt—is held by a magnetic catch in the upper position. **Project Plan 4403-5**

Classic lines make TV flexible, too. This 21-inch color television fits harmoniously into a period room complete with paneling, hutch, and oil painting. It's not necessary to underline the decorating scheme of a room (like the early American one shown with matching cabinetry). Classic units will coexist happily with most any furnishing style.





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WHAT YOU SHOULD KNOW ABOUT PERMANENTS

Changing the natural bent of hair began well before our recorded history. Crude clay curling rods dressed many an ancient head, both male and female. And, with many curious variations and refinements, the heat waving method of curling (or uncurling) hair was all there was until the cold wave came along about 30 years ago.

Today, permanent waving—by either the hot or cold method—is the most popular way to gently alter the shape of human hair to suit your desire.

Imagine a human hair. Though tiny, it has three distinct layers—an outer layer of overlapping scales called the *cuticle*, a tough elastic layer in the middle called the *cortex*, and the core called the *medulla*. The cuticle of a normal hair is smooth; the scales cling to the shaft, flexing easily in any direction while tightly guarding the inner layers of the hair. The cortex, with its closely woven elongated cells, gives hair its amazing resilience and elasticity while carrying the pigment cells as well. The medulla in a mature hair shaft is merely a filler, having retired from its cell-nourishing role as the hair emerged from its follicle. In fact, fine hair quite often has no medulla at all.

Variations in this basic structure give hair its texture and curl. If you could see a cross section of your hair, you'd find it round if you have straight hair, oval if your hair waves, and nearly flat if your hair curls. Your hair's coarseness or fineness depends on how closely the scales of its cuticle stick to its cortex, as well as its overall thickness.

These specialized layers—and the molecules that make them up—are held together by a sulfhydryl (SH) bonds or linkages. The strength of this bond determines your hair's strength—how much stretch it has, how fast it rebounds, how difficult it is to break, in short, how much abuse it will take. Unfortunately, this linkage also locks in the straightness or curl you'd like to change. It's this basic structure that's altered by permanent waving.



In permanent waving, each hair is first wet with *thioglycolic acid* mixed with ammonia to dissolve the SH linkage. Then the softened hair is "trained" into the desired configuration by rolling it on curling rods or combing and holding it straight. This solution stays on for 15 minutes to an hour and is then neutralized by soaking the hair with peroxide or a bromate solution, when enough curl or straightness has been achieved. The SH linkage reforms itself into a new bond, somewhat weaker than the original, that locks in the new shape.

Of course, the variations in this process are myriad. For considerable curl, hair is wet with wave solution, rolled, wet again, and then timed. It's neutralized only when test curls show quite a tight wave. Looser curl needs less time, of course. Body waves are allowed to work only a very short time once they're rolled, provided the waving solution was put on one curl at a time while rolling. Or, especially with many home permanents, all the hair is rolled up damp before any wave solution is even applied.

Variations abound in the chemicals, too. You can choose from strong solutions for faster results on resistant hair, intermediate solutions for average hair, or the gentlest ones for baby fine, tinted, or bleached hair. (Do wait two weeks after a tint application, though. Or, better yet, curl first, wait a week, and then tint.) Gray hair, too, rates its own specialized formula.

Whatever techniques and wave solutions you choose, good results have much in common. Ideally your hair will hold the shape you want when set damp and dried. No "nightly pin-ups," no drooping or frizzing locks.

But you must be careful to keep this process from going wrong. Hair that's rolled with too much tension, or subjected to the thiogylcolic acid for too long might frizz, kink, or tangle when wet. In extreme cases, it might simply break off. Very light hair could discolor if a cream containing sulfur has been used on the scalp.

These disasters rarely occur in beauty salons, thanks to well-trained operators. And home permanents are much safer and easier to use than ever before. Their chemicals are milder and more predictable, their directions more explicit and geared to loose waves and less precise timing. And home permanents are still a lot cheaper than salon permanents—especially if the one you pick calls for rollers you have instead of special ones you'll need to buy. Since today's casual styles call for a looser curl, a good percentage of permanents being given are in the body waves which subject the hair to milder solutions for shorter periods of time, thus minimizing the chance of damage.

If you plan to give yourself or someone else in the family a permanent wave, here are some do's and don'ts. *Do* wear gloves, roll hair without tension, and follow the directions to the letter. *Don't* treat hair that's been dyed with metallic dyes yourself—it could turn black. Instead, you should have a hairdresser remove the dye and test your hair to be sure it can be waved or straightened successfully.

If a permanent or straightening process does misfire, what can you do? The best bet is to go yourself to a competent professional for advice. Letting your hair grow out is the ultimate solution, of course, but the damaged hair should be dealt with in the meantime.

If the porous, previously processed hair ends sustain the lion's share of any damage, a haircut will probably save the day. Or reprocessing with a much milder solution is okay if the hair is in decent condition—neither gummy nor broken. But reconditioning is mandatory in any case.



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You'll see that Sure goes on dry, compared to most sprays which go on wet and oily.

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What we're saying may be hard to beli

But the way we figure it, even if you don't believe some laboratory tests, you can't help but believe your own body.



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Six good reasons for buying Kroehler furniture.

(Alice, Dave, Tom, Larry, Nora and Dewey)



We understand what tots, teens and pets can do to your home. Kroehler people have kids of their own. We know your biggest battle is keeping new furniture new looking. That's why all our fabrics must pass a battery of tests and are Performance Tested for wear.

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Hotline: For your nearest Kroehler Citation dealer, call 800-447-4700 toll free (in Illinois, 800-322-4400). For more decorating ideas, send for our 26-page, full-color shopping guide, "Lively Living with Kroehler Furniture." Send 50¢ to: Kroehler Mfg. Co., Dept H, 222 East Fifth Street. Naperville, Illinois 60540.

Campaign style contemporary sofa from the Kroehler Citation Avant Collection. Brass nailhead and corner trim. In easy-to-clean Naugahyde*, under $600.00. Matching loveseat, under $450.00. Also available in other fabrics protected with DuPont ZePel* stain repellent. Centurian tables; bunching tables, under $100.00 each. End table. under $150.00.

Prices are manufacturer's suggested retail prices in most areas. Prices may vary for fabrics other than shown



KROEHLER Citation

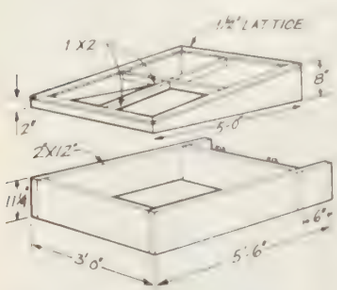
*Fabric backed vinyl

begins on page 34

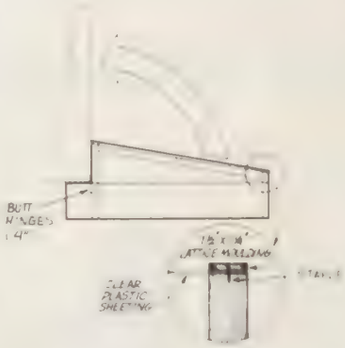
Greenhouse in a box

For the base of either a cold frame or hotbed, build a 36x66-inch box, letting sides project six inches. Use 2x12 lumber, preferably redwood, cedar, or other rot-resistant wood. If you choose nonresistant wood, treat with a preservative, but not creosote as it's hard on plants. The top of frame measures 36x60 inches and sides taper from 2 to 8 inches.

Inside the top, fasten a piece of 1x2 lumber from side to side; in the center, it should be flush with top edge. Fasten another piece from front to rear; in center, make it flush with top edge and lap joint where the 1x2s cross. This crossed structure will offer support for plastic sheeting.



Hinge top to base with 4x4-inch butt hinges. When the top is fully open it will support on the six-inch projections of the base sides. Use clear plastic or vinyl sheeting (6 to 8 mils thick) for the lid. Stretch and staple to the lid edge and then finish with lattice molding. Trim off any excess plastic or vinyl. The material can also be stapled to 1x2 cross members, but finish with molding strips to prevent tearing during wind- and rainstorms.



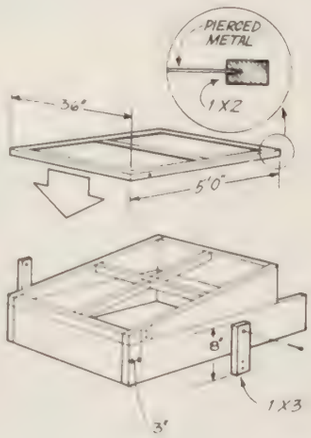
For a sun filter, build a frame of 1x2 lumber and slot it to accept pierced sheet metal.

Attach two eight-inch pieces of 1x3 to sides of lid. The filter rests on back edge of lid and is screwed to 1x3s. This allows air passage between filter and lid. Also, lid can still be propped open to permit ventilation of frame.

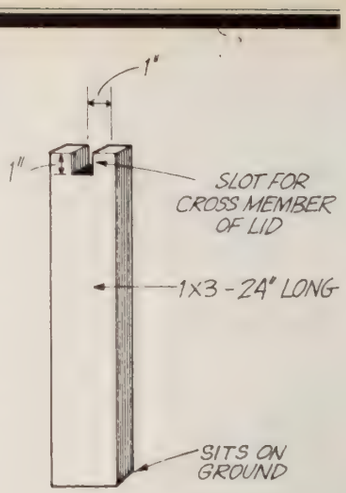
You'll also need covers for times when frosts or freezes are expected.

A number of products are available that will insulate against cold air. They come in rigid sheets, usually measuring 4x8 feet. These insulating materials are similar to composition board which is impregnated with a tar-like substance.

To make a cover, cut material to fit lid of frame. Lay cover on lid and hold down with bricks or stones.

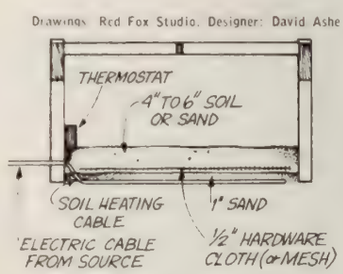


Cut a piece of 1x3 24 inches long to serve as prop for lid.



To turn a cold frame into a hotbed, add a soil-heating cable below the layer of sand or soil. Install cable according to manufacturer's directions.

Drawings: Red Fox Studio. Designer: David Ashe



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LEISURE PRODUCTS
Douglas M. Lidster

Mittens and gloves: How to pick a warm pair

No one needs to be told cold hands hurt. But there's really no reason to suffer outdoors while waiting to warm your hands in front of a fire indoors. Gloves and mittens are available to keep your hands really warm. For the little extra time and money you'll spend shopping for quality hand wear, you'll be rewarded tenfold when the temperature drops.

In cold weather, your hands are threatened by two forces—convection and conduction. Convection occurs when the warm air surrounding your fingers is carried away. A cool breeze can do this; a cold wind does it even quicker. Heat loss by conduction happens when your hands come into contact with a colder object, like the handle on a snow shovel. You can beat these forces by buying the best hand wear.

Construction

To keep your hands really warm, gloves and mittens must be constructed to perform three functions at once. They must have a protective outer covering to shed moisture and deflect wind; an insulating layer to trap dead air so your own body heat won't escape; an absorbent inner lining to carry body moisture away from your hands so it can evaporate. In spite of space-age technology, natural materials are still the most effective chill fighters.

Outer covering

Leather breathes and gives you a good grip on things, and it's durable. Tanning procedures and the presence of animal oils give leather a natural water repellence.

- Deerskin can get wet and still retain its softness and shape when it drys.
- Pigskin is a soft, heavy-duty leather with pores that breathe. Inexpensive leathers often are embossed to resemble pigskin, but they're not as durable.
- Capeskin or goatskin is supple enough to stretch, then come back to its original shape.
- Lambskin has a rough suede exterior with fluffy fleece on the inside.
- Buckskin is a tough, grainless leather and usually requires a separate inner glove for warmth.
- Full-grain cowhide is a very durable and relatively inexpensive leather.
- Split cowhide is even less expensive than full-grain cowhide because it is slightly thinner.

Wool will keep your hands warm even when your gloves get wet. Often, nylon or rayon is blended with wool to give it extra strength. While wool gloves or mittens are a poor choice as your only pair, they're great as spares.

Water-resistant coverings don't breathe well but help keep moisture out. Tightly woven nylon and Dacron blends repel water and are durable. Rubberized gloves prevent the escape of perspiration, and the accumulated moisture ultimately chills hands.

Vinyl can be made to look like leather and comes in a variety of colors, but it doesn't breathe and sometimes stiffens and cracks in cold temperatures.

Insulation

- Goose down insulation is lightweight and provides maximum warmth but it must be loosely packed to preserve the air pockets that trap air. Down is good only on the back of a glove or mitten.
- Polyurethane foam is loaded with air bubbles and makes effective insulation.
- Reflective foils such as Mylar and Lurex are products of the space program. The foils are made of strong, aluminum-coated plastic that reflects heat. They're lightweight and have great potential for winter clothing.

Linings

In general, natural fibers handle perspiration best. However, man-made materials may meet your needs less expensively.

- Lamb fleece is a dual-purpose lining. It helps moisture escape and provides fluffy insulation which traps air among the pile. However, fleece is expensive as most of it is imported from Portugal. Fleece gloves and mitts are bulky along the seams.
- Rabbit fur is used for a low-cost liner. It's rustic looking, but quite fragile—and adds little or nothing to the warmth of the glove.
- Acrylic pile does an adequate job of moving away moisture. While acrylic pile isn't as warm as fleece, it's more uniform and less bulky. Other piles—such as wool-cotton-nylon blend, rayon-cotton blend, and Orlon-cotton blend—combine advantages of the different fibers. Wool provides warmth, cotton carries moisture away from hands, and synthetic fibers provide strength.
- Nylon, Orlon, silk, and other soft linings are used to cover inner linings so the glove will be easier to slip on or off.

Another feature to look for is an adequate cuff to cover the wrist. A good cuff will fit snugly, keeping snow and moisture out and heat in. Wool is excellent for cuffs because it retains warmth even if it becomes wet.

A gauntlet, which is an optional feature, should extend beyond the wrist onto the forearm. It provides additional shelter for the wrist and arm but there should also be a cuff within the mitt itself.

Gloves or mittens: which are warmer?

A mitten beats a glove for warmth, hands down. When all of your fingers are in the same compartment, they share their collective warmth. Each finger has to fend for itself in a glove.

On the other hand, mittens are extremely bulky. If you must constantly remove them to adjust ski bindings, focus a camera, or work with fishing and hunting equipment, you'll be exposing your naked hands to the elements. When making your choice, ask yourself what you will be doing most outdoors. If a minimum of dexterity is required, choose mittens and also purchase a pair of wool gloves to protect your hands when the mittens are off. If your activities rule out mittens altogether, get the gloves, but also consider buying an old-fashioned muff (men's models also are available) to stuff your hands into when you're not using them.

Hand-warming tips

To work properly, even the best gloves and mittens must have warmth to hold around your hands. Here are a few ways to generate a little extra heat.

- Put your mittens or gloves on a few minutes before you go outdoors. If your hands start out warm, good hand wear will keep them warm.
- If you must take your gloves or mittens off, warm your hands before putting them back on. Tuck your hands into your armpits under your jacket or clasp your hands between your thighs.
- If you feel numbness setting in, wave your arms in great arcs as fast as you can rotate them. Centrifugal force will send extra blood to your fingertips, warming them quickly.
- If your hands do get really cold, go indoors as quickly as possible and soak them in warm water or hold them in front of a heater. Don't rub them with snow.
- Attach mittens and gloves to a string run through your coat sleeve—the trick your mother used when you were a youngster. That way you'll never lose them. When you're out in the cold and far from shelter, a lost glove can cost a lot more than the price of a new pair. ■

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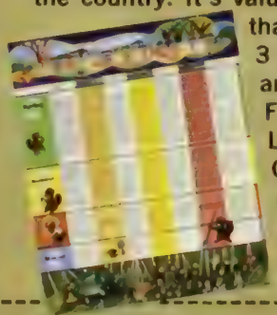
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Before

Mediterranean revisited: new looks for an old favorite

Mediterranean is one of the most popular furniture styles in America today, but it's also one of the easiest to fumble. Inundating an average-size room with Mediterranean can make it look dark, heavy, and ornate—even oppressive. And too much carefully matched Mediterranean almost always results in a sterile showroom setting. But these dreary results aren't inevitable. Mediterranean *does* have a lighter, brighter side, and on these six pages we'll show you how to bring it off. You can do it with the new lines we're showing, or make do with what you already have. Either way, you'll find this popular furniture style well worth revisiting.

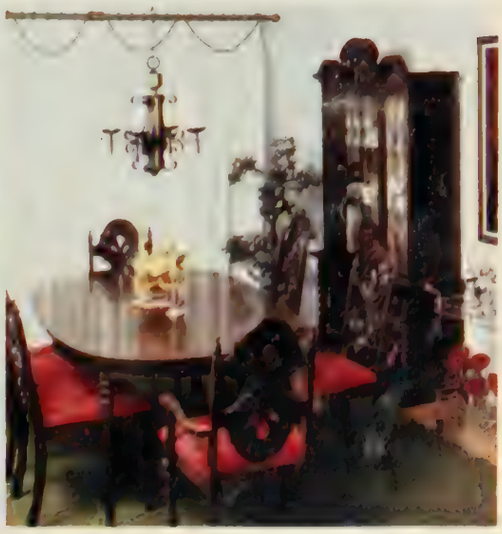
By Richard W. Jones and Pamela Wilson Cullison

Before we talk about the new look of Mediterranean, let's talk about the old. What's a person to do if his house is already filled with too much of the old-style stuff? Throw it out and start over again? Hardly. But you can try a few of the tricks that transformed these unfortunate "befores" to good-looking "afters."

We started by moving the clunky china cabinet out of the dining room and into the living room. But before that we spray-painted the cabinet red, took off the center glass door, and covered the other two doors with fabric to match the newly skirted end tables. The same fabric also lines the inside of the cabinet. To make the plastic "wrought-iron" lamps less obtrusive, we spray-painted the



Before



Photographs: Bradley Olman. Source: Bonnie Crone

bases white and added new pleated shades. The seasick-green carpet was replaced with a sunny orange and gold shag. Those braid-bedangled curtains had to go. We built a shadow box frame around the window and mounted inexpensive plastic mats inside to create the effect of a Spanish tapestry. (The mats can be pulled up like shades.) Then we moved the sofa in front of our new focal point. A white plastic knockdown Parsons table was another device to lighten and brighten the room. The old coffee table was painted, topped with seat cushions, and moved to the other side of the room to serve as a bench.

Cheering up the dreary dining room turned out to be easy. To lighten the weighty-looking chairs, we painted them white and stapled orange corduroy over the hot red cushions. Notice, the plastic laminate tabletop remains the same, but check the legs: we painted them green. To sunny-up the room even more, we stapled a pleated floral fabric to the windows (top and bottom). The chandelier typified the ornate look we wanted to exorcise, so down it came. In its place we hung a simple wicker shade. To display and store dinnerware we selected a knockdown yellow étagère. It's made of sturdy plastic, and you buy as many shelves as you need and then put them together yourself. About the only other thing we did to lift the room's spirits was take up the old rug and let the beauty of the parquet floor shine.



Mediterranean revisited

A room that isn't branded "matched Mediterranean" can be much more effective than one that is. In this living room, most of the furniture is traditional and simply upholstered. The Mediterranean mood comes from a few strong accents that punctuate the peaceful setting. The major element here is an old armoire that has been painted in pastels to resemble a Spanish mosaic. Had the armoire been left with its natural wood finish the room wouldn't be nearly as exciting. The screen that divides the living and dining areas was made from plywood and painted with silver radiator paint. Short strokes of orange shellac (applied after the radiator paint had completely dried) give the screen a Spanish gold leaf effect.

Photographs: Alderman Studios

Buying information, page 136

Massive Mediterranean furniture needn't be overpowering, not if the background is kept natural and open, like this. Instead of wall-to-wall shag on the floor, there's straw matting to create the effect of a simple seaside *casa*. Instead of flocked paper on the walls, there's whitewash in the true Mediterranean manner. Curtains are unbleached muslin, and the breezy bedspread is seersucker. Wooden bed stands to match would have been ponderous (and predictable), so we used wicker tables instead. A captain's trunk anchors the foot of the bed, and easy-to-install beams on the ceiling add to the rustic Mediterranean look. More than just a place to sleep, this kind of room invites round-the-clock enjoyment.

Right: We designed this special spot to capture the atmosphere of a moonlit terrace. You can create the same effect in a corner of your family room or den. Just paint the walls Mediterranean blue, hang a globe lamp from the ceiling (a paper moon would do), and place comfortable cushions around a low-slung table. To enhance the outdoor atmosphere, place bowls of fresh flowers on lighted pedestals. A ceramic tile floor adds to the authenticity, but you can approximate the look with vinyl tile. If it would be too impractical to reserve space for a spot like this, you can use the table for what it is—a cocktail table—then move it to the center of the room (or somewhere else) for special occasions such as midnight snacks.





Mediterranean revisited

Time was when a large piece of Mediterranean furniture would dictate the decor of a room. Not so today. Clean, classic lines are replacing the ostentatious, ornate styling that once was the trademark of Mediterranean design. Instead of overpowering a room, this "revisited" Mediterranean furniture can live quite compatibly with other styles. The bookshelf/storage unit shown above is a good example. Large as it is, it makes a beautiful transition between the room's contemporary and traditional furnishings. Rather than doing the conventional thing and placing the unit flat against a wall, we used it as a handsome room divider that creates two living areas. One side is a sitting room, the other a study.

Photographs: Alderman Studios

Buying information, page 136





Above: It's the avoidance of the expected that makes this dining room refreshing. Walk into this sunny setting and you feel as if you're on the veranda of a Mediterranean villa. We painted the floor and ceiling bright yellow, and to create the effect of an outdoor canopy, we painted a scallop border on the walls. For extra spaciousness, the table was placed on one side of the room. A china cabinet would have been a bulky intruder in a breezy setting like this, so we built a narrow ledge to display colorful dishware. An exaggerated mosaic-tile-patterned rug underscores the cloth-covered table and simple ladder-back chairs. Left uncovered, the heavily carved table would have all but smothered the simplicity of the room.

Above right: This inviting vignette would be great for a foyer, hallway, or vacant living room wall. Putting together a self-contained grouping like this is somewhat like creating a still life. Scale and balance of objects are two important elements, along with color and texture. You might think Mediterranean would be too heavy to lend itself to a compact arrangement, but not at all. Here white paint makes the Moorish-style glass-top table look light and delicate. And lines of the chair are softened by the velvety fabric that covers the seat and back. The warm glow of the terra-cotta-colored walls, and the cool texture of the slate floor make subtle contrasts to the furnishings. Accessories aren't Mediterranean, but they blend.

Complete Guide to Roses

By Hamilton Mason and Beverly Garrett

Plant one rose this spring. By June, you'll be reveling in color and fragrance outside with plenty of blooms to spare for the house. Or, set out two, three, four, or more—in the mathematics of new roses, every time you double your plants, you triple your rewards.

Roses richly deserve their popularity. What other shrub produces big first-year effects? Or a show of color for four or five months? Or so many types, colors, varieties?

Choose hybrid teas if you want long-stemmed flowers with matchless form—they're great in formal beds, at the corner of the house, or framed by low-growing annuals. Hybrid teas are unequaled as cut flowers.

Floribundas send up continual clusters of flowers month after month—they're favorites for a hedge, a single specimen, or for spot color in a perennial border.

If you want profuse bloom on tall, robust plants, choose grandifloras. They're bigger in every way, so give them growing room at the back of a rose bed, or use them solo in a planting pocket on a deck or by the terrace.

Tall, elegant tree roses and the dainty miniatures round out your choices. Both grow easily in tubs or pots, or you can plant them directly in the ground. Use the miniatures to edge a border.

All types of roses like sun, preferably about six hours of sun a day. They will perform in partial shade, but don't do well in dense shade under a tree. If you have a choice of morning or afternoon sun, choose morning. Dewy leaves will dry sooner, cutting down on the danger of powdery mildew and black spot.



One vigorous grandiflora furnishes all the color accent you need in a little landscaping grouping. At the corner of this low porch, Cherry-Vanilla sends up a wave of cream-pink flowers that show to advantage against a nearby juniper. The pink tones deepen when the 4½-inch flowers are fully open. The bush is completely upright in habit and stems are sturdy. Semiglossy leaves add to the overall beauty of this disease-resistant rose.



Say welcome with two potted tree roses flanking your entry door or gate. These tree-form Golden Gate hybrid teas are set in large-scale planters stained to match the fencing; layers of gravel in bottoms of planters ensure good drainage.

On tree roses, any shoots that start growing below the head should be cut off with pruners. This growth is part of the understock and won't produce flowers typical of the variety.

Photographs: George de Gennaro

Three hybrid teas massed at the corner of your patio can color-scheme your outdoor living area all summer. Filling the bill here is a lineup of Jadis; the French name means "days of old," referring to the old-rose fragrance of this new variety. Medium-pink urn-shaped buds spiral open to high-centered blooms. Jadis is a strong rose; plants grow five feet tall.

Space specimen hybrid teas along a walk or drive and you can enjoy each individual flower as you stroll by. To keep the color effect from appearing spotty, it's wise to plant the varieties in pairs or trios. Along this informal walk, three Secret Love hybrid teas command attention with their ruffled, brilliant crimson blooms. Sturdy stems support five-inch flowers.









ompiete Cultural Instructions, 134

Dress up a plain fence corner the quick way! Set out three bushes of Sunfire, one of a new race of roses called Flora-teas. Combining the good qualities of hybrid teas and floribundas, the Flora-teas produce quantities of hybrid-tea-style bloom on compact bushes. Sunfire's fiery orange is a perfect choice for this gray fence. If you prefer red, plant Viva.

Count on miniature roses if you want a living centerpiece for your patio or deck table. Minute, rose-pink Judy Fischer shows its exquisite form in this white ceramic bowl. The bowl is 15 inches in diameter, holds four of the miniatures. Individually, the little rose bushes could be planted in six- or eight-inch pots. Or, for all-summer color, set in rock garden.

Top Choices of 1974



Perfume Delight is all its name implies. A delightful, spicy fragrance escapes when the brilliant pink flowers unfold. Another asset of this All-America award-winning hybrid tea is the purity of color which extends evenly over the petals and doesn't fade —even after the rose is picked. The blooms are high centered; buds are long and pointed in the classic tradition of tea roses. Perfume Delight's stiff canes are blanketed with deep green leaves. The plants branch vigorously.



Bon Bon only grows 2½ feet tall but it measures up to a host of landscaping assignments. If you set plants two feet apart, they'll merge quickly into a low, compact hedge along a drive or sidewalk. Or, you can use them in front of foundation plantings. Clusters of the flowers—deep rose with a white reverse—constantly form, adding to the landscaping value. This 1974 All-America floribunda is exceptionally resistant to mildew; leaves stay glossy and healthy.



Bahia shows its prizewinning style with exuberant displays of ruffled orange-pink flowers. In floribunda fashion, a single cluster is a bouquet in itself. Plants are vigorous by nature, so clusters are held upright despite their weight. This inherent strength also makes Bahia resistant to disease. The 1974 All-America shown comes from a long line of fine roses. Its ancestors include such outstanding roses as Tropicana, Floradora, Peace, Talisman, and Goldilocks.



It's really big and really red! Rose of the Year Red Masterpiece produces spectacular blooms—each measuring five inches or more in diameter. It's not unusual for the fragrant, velvet-red flowers to have 35 to 40 petals. But the flowers aren't the only big features of this new hybrid tea—the plants, too, make a strong growth, frequently reaching four to five feet in height. The blooms are firmly held upright; you can see, enjoy each flower individually.



M. Chenu pours for a new member of the Cousinerie de Burgogne, a group of "merry wine gentlemen."





Fresh-caught fish are a must for Pochouse.



Fresh cherries are too luscious for Mme. Chenu and Huguette to resist as they shop in the bustling market in Beaune.





The market in Beaune is a colorful, busy scene set against a background of the ancient Hôtel-Dieu (hospital of God).



Fresh greens will go into a crisp salad for the noon meal.



The price must be right for plump, white asparagus.

TO AMERICA WITH LOVE

from Monsieur and Madame Chenu, Savigny-les-Beaune, France

by Doris Eby

By now we all know that we'll just have to live with high food prices and some shortages. But take heart! Europeans have coped creatively for years with high prices and limited availability. To find out how they do it, we went to France, Germany, and Italy, where three gracious families invited us into their kitchens and shared their good food ideas. And if "foreign" recipes have always scared you a little—if you think they're too exotic, too expensive, or too difficult to make—here's proof that all of your fears are unfounded.

The Chenu family makes up a healthy percentage of the population of the little town of Savigny-les-Beaune in the heart of beautiful Burgundy. The home of Emile and Paule Chenu, Grandma and Grandpa, is a happy bustling place with children, grandchildren, and great grandchildren popping in and out. Good wine and good food are important parts of each of their family gatherings, large or small. The wine is made with grapes from the Chenus' own vineyards, where M. Chenu works daily, and the food is the result of Mme. Chenu's culinary talents.





The "feel" of the dough for Pâté Brisé tells Mme. Chenu when the proportions are right.







Home-canned plums are carefully pitted before they go into the pastry shell for Tarte à Fruit.





Photographs: Bill Helms

Each summer Mme. Chenu preserves cherries, mirabelle plums, peaches, and pears from her own trees and makes cherry, strawberry, plum, and quince jam as well. Another of her specialties is bottled fruit syrup, made from homegrown fruit. The Chenus mix the syrup with white or red wine for a favorite aperitif.

Two variations of **Pâté Brisé** are the basis for the open-face **Tarte à Fruit** (above right) and **Quiche Savoyard** (above left). The pastry is shortened with oil, butter, and an egg. The Tarte à Fruit is a year-round dessert for the Chenus, as Mme. Chenu uses fresh fruit when it's in season, and home-canned fruit later. (The tart shown is made with mirabelle plums, but we've substituted canned apricots in our recipe because of availability.)

Quiche Savoyard is a bit different from the familiar Quiche Lorraine. First, Mme. Chenu makes a bechamel sauce which she stirs into beaten eggs. Then she adds some gruyère cheese to the egg mixture, and, toward the end of the baking time, sprinkles more cheese on top.

Recipes begin on page 102





Working in the vineyards is a family affair for the Chenus. Cultivating and tying the vines are essential for healthy plants and a good harvest.





Fresh flowers are an irresistible attraction at the Beaune market. They're selected just as carefully as the produce.

It's not unusual for 12 or so assorted members of the Chenu family to get together for dinner. To produce the bountiful meal, daughter Huguette Pernot lends her mother a hand in the kitchen. The Chenus, like almost all of the French, take their dining seriously and leisurely. Their noon meal, usually the largest of the day, often starts with an aperitif, then moves on to a first course like **Jambon Persillé,** and white asparagus spears with **Sauce Moutarde.** For Jambon Persillé, a specialty of the Burgundy area, veal knuckles (you can use beef shanks instead) and ham are cooked with wine—Burgundy, of course!—and onion, spices, and herbs. Gelatin is then added to the clarified stock and is layered with the cut-up meat and generous amounts of parsley seasoned with vinegar and pepper. After chilling, the meat mold is sliced thin. White asparagus, a variety readily available in France, is complemented by two kinds of zippy Sauce Moutarde. Both versions start with Dijon-style mustard (a French favorite), oil, and vinegar, but sour cream is added to part of the oil-vinegar mixture for the creamy variation.



After the meat is cooked and removed from the stock, Mme. Chenu works quickly to remove fat and bone from veal knuckles and ham. The meat that remains is then cut up.





Mme. Chenu believes every good cook works with her hands. Here she packs meat and a parsley mixture into a bowl for Jambon Persillé.

When shopping in France, you must provide your own basket in which to carry home your purchases.





Huguette and her parents enjoy a glass of wine from the family cellar. It's Burgundy, of course, from the Chenu vineyard grapes.

Next in the feast comes **Pochouse,** which might be called the bouillabaisse of Burgundy. It traditionally contains no less than three kinds of fish: a river fish, an ocean fish, and a fatty fish. However, Mme. Chenu uses only two kinds of fish in her version of the chowder. Trout and halibut are cut in pieces and are cooked with white wine, bacon, onion, and a bouquet garni of cloves, garlic, parsley, and celery.

Time and care are devoted to the proper preparation of **Coq au Vin Bourgogne,** the main course. The chicken is browned in salt-pork drippings before it's added to a red Burgundy sauce containing mushrooms and onion. But Mme. Chenu and Huguette insist that the most important step is to cook the chicken long enough in the sauce so that it thoroughly penetrates the meat, turning it a rosy pink clear to the bone.

Serve the chicken with **Croûtons à Ail** (Garlic Croutons), made by rubbing slices of French bread with garlic, then browning the oil-butter mixture that is spread on each slice.

Recipes begin on page 102





For Frau Kauffmann, part of the fun of open-market shopping is picking out fresh flowers and plants to brighten her home.



TO AMERICA WITH LOVE

from Herr and Frau Kauffmann
Aalen, Germany



Stuffed vegetables are family favorites. These especially big and beautiful peppers prompted an idea for the evening's dinner.

Aalen, Germany, is surrounded by lush green countryside and farmland and the plentiful fruits, vegetables, and nuts are an integral part of the local daily fare. But because the Kauffmanns have lived in several different parts of Germany, their meals feature specialties from many regions.

Frau Kauffmann loves to cook and has collected recipes from many sources. The three Kauffmann daughters are following in this cooking tradition. Even the smallest enjoys "helping" her mother as she works in the kitchen.

On warm days, the Kauffmanns like to have lunch in their sunshiny backyard. Although Frau Kauffmann contends her cooking is "simple" for family meals, her distinctive touches take it out of the ordinary. Salads play an important part in the Kauffmann's meals, and **Salat Schussel** is one of their favorites. It's a colorful combination of fruits and vegetables—cucumbers, tomatoes, grapefruit, avocados, green peppers, and peaches—that are chilled in a yogurt dressing. Just before serving, a generous portion of crisp lettuce is tossed in.



The Kauffmann's teen-age daughter enjoys cutting spaetzle.



Heringe nach Hausfrauenart translated means "herring a la housewife."



For the marinated herring, you start with lightly pickled herring fillets, and add more tart flavor with sour cream and yogurt.







Small new potatoes are worth waiting your turn to buy at the market. They're very popular in Germany and are used in many dishes.

Geschnetzeltes Kalbfleisch mit Spaetzle (Fried Veal Strips with Spaetzle) is the main course for the noon meal pictured. The Kauffmanns make spaetzle by spooning the dough onto a cutting board and cutting the dough into boiling water—a trick that takes skill and practice. For those who haven't mastered the technique, the easy way is to push the dough through a colander. The veal round steak is cooked in a sauce of beef broth, white wine, and mushrooms and is served over the spaetzle.

Frau Kauffmann makes early-morning shopping trips to the outdoor market for fresh-grown foods. When fruits and vegetables are in season and inexpensive, she buys a quantity and cans them to enjoy year-round.

Heringe nach Hausfrauenart is great as an appetizer or snack with cold drinks. You mix herring fillets, onion, dill pickle, and capers with a yogurt-mayonnaise-sour cream dressing seasoned with dry mustard. Chill overnight to blend the flavors thoroughly. Just before serving, stir in thinly sliced apple to add crispness.

Recipes begin on page 102





Kirschwasser is spooned over the cake layer for Zuger Kirschtorte.



Another hazelnut layer goes on top before the torte is frosted.



A ring of chopped nuts adds flavor and eye appeal to the cake.



Frau Kauffmann gradually adds milk to butter cream for Malakoff-torte.



The bowl for the torte is lined with ladyfingers that are torn to fit.



Licking the bowl is a treat for children the world over.



The last step in making Zuger Kirschtorte is scoring the top.

The Kauffmanns enjoy entertaining, especially the casual kind, and friends know they can expect one of Frau Kauffmann's luscious home-baked cakes or coffee breads when they visit. Pictured top left (clockwise from top) are **Malakoff-torte, Zuger Kirschtorte,** and **Nusskuchen.** Malakoff-torte is made by layering a buttery almond mixture with ladyfingers. After being chilled and unmolded, the torte is lavishly topped with whipped cream. Zuger Kirschtorte (Zuger Cherry Torte) is a recipe Frau Kauffmann borrowed from the Swiss. It takes time to prepare but is well worth the effort. The multilayered concoction consists of hazelnut meringues, butter-currant-jelly cream (which is also the frosting), sponge cake, and kirschwasser. As it chills, the kirschwasser soaks evenly into the cake. Nusskuchen (Hazelnut Cake) is chock-full of ground hazelnuts which grow in abundance around Aalen. (If you like, you can substitute almonds.) The rich cake is made with an ample portion of grated chocolate and flavored with lemon peel and cinnamon. A dark chocolate glaze gives the ring cake a glistening cover.







Frau Kauffman shops carefully for vegetables, comparing price.



The Kauffmann daughters help out in the kitchen to make Salat Schussel.



Frau Kauffmann purchases eggs to prepare for an afternoon of baking.



Fresh fruit from the market is a favorite snack for the Kauffmann family.

There's a difference of opinion in the Kauffmann family about which is best—tomato, onion, or green pepper. So Frau Kauffmann prepares all three when she makes **Gefulltes Gemuse** (Stuffed Vegetables) (top picture). The stuffing is a tasty ground beef mixture flavored with catsup and parsley. You simmer the stuffed vegetables in a skillet with a little more catsup and some water. At the last minute, shredded cheese is sprinkled on to melt.

Bienenstich (bottom picture, front) and **Zimt Nusskuchen** (Cinnamon Nut Coffee Cake) (rear) start with the same rich yeast dough. Bienenstich is great with coffee or for dessert. You pour almond syrup over the unbaked dough in a large rectangular pan. As the cake bakes, the almonds and the syrup form a crisp, candy-like crust. After baking, you cut squares, split them, and sandwich in velvety **Vanilla Creme Filling.** Zimt Nusskuchen is a simple-to-shape loaf filled with cinnamon and toasted almonds. Spread the baked bread with a powdered sugar icing for another treat with coffee.

Recipes begin on page 102





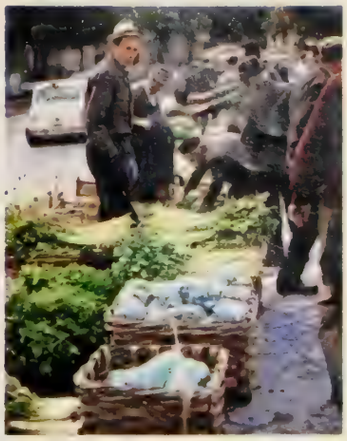
TO AMERICA WITH LOVE

from Signore and Signora Drocco
Alba, Italy

Giancarlo and Yolande Drocco and their two small sons, Lucco and Marcello, live in Alba, Italy, in the region of Piedmont. This northwestern area of Italy boasts a cooking style that's delicious and quite different from what most Americans think of as "Italian." Rice, for example, is a more important staple than pasta, and olive oil plays a less important role in cooking than it does in the South of Italy. The elegant specialty of the region is white truffles or "tartufo." When the truffles are in season, the Piedmontese use them in a multitude of meat, fish, and cheese dishes. The area is also renowned for two cheeses, fontina and toma. Grissini, known the world over simply as Italian breadsticks, originated in nearby Turin.

Yolande loves to cook, and does so with amazing skill and speed—and with great results. She shops daily, with an alert eye for quality and price, to turn out her multi-course feasts for the family. When Yolande's mother, Signora Conterno, comes to visit the family, she and Yolande enjoy chatting and cooking their famous repertoire together in the kitchen.









On the day she's going to cook pasta, Yolande makes a shopping trip to the pasta shop near her home. She firmly believes only the freshest will do.



Lucco can hardly wait for dinnertime as he watches his mother prepare one of the Drocco's favorite pasta dishes, Cappalletti alla Parmesan.



These Fritelle or "little fried cakes" get a sprinkling of sugar. They disappear almost as fast as Yolande can cook them.



One Fritta is ready to serve as Yolande prepares a second one. Whether mixed in or sprinkled on top, the browned onions contribute extra good flavor.

Wines produced near Alba are important in the family meals, both for drinking and for cooking. A fine red wine, Barolo, is the most prized, but Dolcetto and Barbera are also important. Much of the wine used by the Droccos comes from the vineyards owned by Yolande's brother in nearby Monforte. Two favorites of the Droccos are **Coniglio al Vino** (Rabbit in Wine) and **Pollo al Barolo** (Chicken in Barolo) which both call for Barolo wine. The rabbit is simmered in the wine with herbs and just before serving, cream is stirred into the juices for a rich-flavored sauce. The chicken, on the other hand, is cooked to perfection with Barolo, tomato, onion, and herbs.

When the Droccos serve pasta, it is usually **Cappalletti alla Parmesan.** The "little hats" of pasta, stuffed with meat and cheese, are baked with cream, nutmeg, and parmesan. A favorite light meal is **Fritatta Cipolle,** a "flat" omelet made with browned onion and parmesan. For a snack, Lucco and Marcello love **Fritelle.** They're like puffy sweet pancakes, and taste best hot.

Recipes begin on page 102



In the wholesale produce market, all purchases are carefully weighed.



Yolande is very particular when choosing fruits and vegetables.



Each daily shopping trip includes a stop at the local bakery for some crisp grissini or breadsticks.



In Italy, work virtually stops between noon and four o'clock, so there's plenty of time to enjoy a leisurely lunch—and perhaps even a nap. Yolande serves an assortment of attractive antipasta to start the meal. She makes three variations of Salsa Verde (green sauce)—one for eggs, one for peppers, and one for tomatoes. (Choose one if you're not so ambitious.) Each sauce starts with chopped fresh parsley. For **Salsa Verde for Uova** (eggs) she adds anchovy fillets, a little vinegar, garlic, and beaten eggs and serves the sauce warm on hard-cooked egg halves. **Salsa Verde for Pomodori** (little Italian tomatoes) is a combination of parsley, tomato paste, vinegar, oil, and anchovies. Each bright little tomato half is filled with the sauce and topped with a little mayonnaise and a single caper. **Salsa Verde for Pepperoni** (peppers) is a finely chopped mixture of parsley, tuna, and hard-cooked egg. In Italy, it's served on roasted and peeled sweet yellow bell peppers, but you can easily substitute green or red peppers that are widely available here. This sauce is equally good served over halved hard-cooked eggs, too.



Yolande selects meat with care. The butcher is happy to cut it to her specifications.



Colorful rings of carrots and peas make the Insalata Russo look as good as it tastes.





The pomodori (tomatoes) are halved and hollowed out before Salsa Verde and mayonnaise go atop.



Signora Conterno chops ingredients for Salsa Verde with a "rocker blade," but you can use a blender.



Egg halves are arranged on the serving plate before the warm sauce is spooned over.



Yolande finishes the peppers while her mother prepares ingredients for Bagna Cauda.

Bagna Cauda is a Piedmont specialty. In its true form, it's a hot dip for raw vegetables and is made of olive oil, butter, anchovies, and garlic. Yolande uses the same ingredients for her **Bagna Cauda Spread** (left front, opposite page). It's thicker than the traditional dip and she spreads it on warm roasted peppers.

To complete the antipasta array, Yolande makes **Insalata Russo.** This translates as "Russian Salad," but the people of Alba have adopted it as their own. Cooked carrots, potatoes, and peas are tossed with tuna in a mayonnaise dressing. The whole mixture is pressed into a bowl, and chilled. To serve, the salad is unmolded, "frosted" with mayonnaise, and decorated with more eggs, carrots, and peas.

One important step before the food goes to the table is, of course, to open the wine. The Barolo Signora Conterno is opening (with some difficulty) will have time to "breathe" while the family enjoys lighter Dolcetto wine with the antipasta. The Barolo will highlight the entrée.

Recipes begin on page 102





Sewing for children: another spring fashion exclusive

BODY MEASUREMENT CHART

Size	4	6	8
Chest	23	25½	27
Waist	21	22	23½
Hip	24	26	28
Back waist length	9½	10½	12
Height	40	45	49½

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For back views, see page 152.

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begins on page 88

To America with love

PATE BRISE
(Short Pastry)

1¾ cups all-purpose flour
¾ teaspoon salt
4 tablespoons butter or margarine, chilled
3 tablespoons cooking oil
1 beaten egg
1½ to 2 tablespoons ice water

Thoroughly stir flour and salt together in large bowl; make well in center. Add butter or margarine, oil, and egg; mix wi knives or pastry blender till bly. Sprinkle 1½ tablespo water over mixture, tossin fork; add more water, if sary. Work mixture with till well blended; shape smooth ball. Cover with wrap and refrigerate ove Flatten dough with hand roll out to fit 11-inch quic flan pan with removable b or flan ring. Prick botto fork before baking. Ba pastry as directed for T Fruit or Quiche Savoyard

Note: For Tarte à Fru 2 tablespoons granulated to flour mixture.

TARTE A FRUIT
(Fruit Tart)

Preserves spooned over t make them glisten—

1 recipe Pate Brise with s
3 16-ounce cans apricot ha or purple plums, halved a pitted
1 tablespoon quick-cookin farina
¼ teaspoon ground cinnar
½ cup apricot preserves, s

Line an 11-inch flan pa sweetened version of Pât trim and flute edges. Bake oven for 10 minutes. Dra reserving ½ cup syrup. cup of the fruit. Combine fruit, reserved syrup, fari cinnamon. Spread over Arrange drained fruit, down, over farina mixtu in 400° oven for 25 to utes. Immediately spoon preserves over hot fruit. to 8 servings.

JAMBON PERSILLE
(Parslied Ham)

Start a day or two ahead this company-special app

3 pounds veal knuckles or crosscut beef shank
2 tablespoons cooking oil
4 cups water
1 4/5-quart bottle (3¼ cup Aligote or white Burgun
2 medium onions, halved
4 whole cloves
1 clove garlic
2 bay leaves
½ teaspoon salt
½ teaspoon dried tarrago crushed
¼ teaspoon dried thyme,
¼ teaspoon dried chervil,
3-pound canned ham
1 egg white with shell
1 envelope unflavored gel
¼ cup cold water
2 cups lightly packed pars very finely chopped (⅔ chopped)
1 tablespoon tarragon vin
Dash pepper

In 8- or 10-quart Dut brown veal or beef bon oil. Remove from heat. 4 cups water, wine, th

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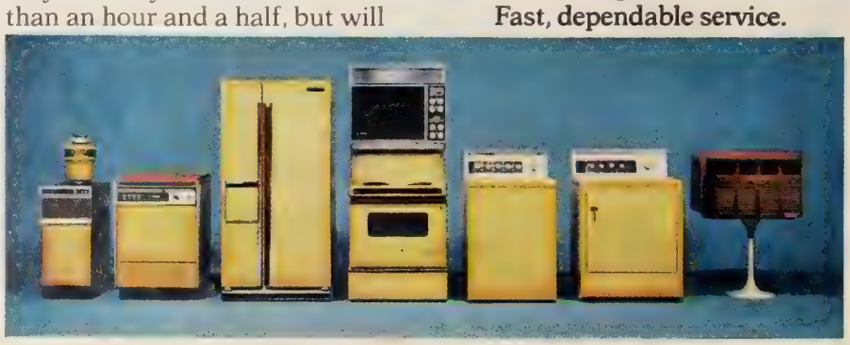
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whole cloves, garlic, bay leaves, salt, tarragon, thyme, and chervil. Bring to boiling. Reduce heat; simmer, covered, 2½ hours. Add ham with its juices; cook 30 minutes more. Remove veal knuckles and ham from cooking stock. Cool meats. Stir 1 slightly beaten egg white and the broken shell into cooking stock. Bring to boiling; reduce heat and boil gently, uncovered, for 10 minutes. Strain stock; skim off the fat. Measure stock; if necessary, return to Dutch oven and continue boiling to reduce to 5 cups. Soften gelatin in the remaining water for 5 minutes; add to stock. Heat and stir till gelatin is dissolved. Set aside to cool. Remove meat from veal or beef bones and cut up finely. Cut ham into small pieces.

Combine the parsley, tarragon vinegar, and pepper. Line a 2½-quart mixing bowl or 9x5x3-inch loaf pan with clear plastic wrap. Place ⅓ of parsley mixture on bottom of bowl or loaf pan. Place ½ of the veal and ham into pan; top with another ⅓ of the parsley

Photographs: Dieter



mixture. Gently pour just enough clarified stock to cover (about 1 to 1¼ cups) over top. Place remaining veal and ham over; top with remaining parsley. Add additional clarified stock to cover (another 1 to 1¼ cups). Cover surface with plastic wrap. Set an 8-inch pie plate atop bowl or another loaf pan atop first pan and fill with dried beans or canned goods as a weight. Refrigerate overnight. Pour remaining stock into shallow pan, if desired. Cover and refrigerate.

To serve, turn out onto platter; slice ¼ inch thick. Dice the chilled stock and arrange around meat, if desired. Garnish with lettuce leaves, pickles, and peppers, if desired.

QUICHE SAVOYARD
(Quiche of Savoy)

1 recipe Pate Brise without sugar
3 tablespoons butter or margarine
3 tablespoons all-purpose flour
½ teaspoon salt
⅛ teaspoon white pepper
Dash ground nutmeg
2 cups milk
4 beaten eggs
1½ cups (6 ounces) shredded gruyere cheese

Line a 10-inch pie plate with Pâté Brisé; trim and flute edge. Bake in 400° oven for 10 minutes. Meanwhile, melt butter or margarine in saucepan; stir in flour, salt, pepper, and nutmeg. Add milk all at once. Cook and stir till thickened and bubbly. Pour hot mixture slowly into beaten eggs, stirring constantly. Add ½ cup of the cheese. Pour into pastry shell. Reduce oven temperature to 375°; bake quiche 20 minutes. Sprinkle with the remaining gruyere cheese. Continue baking the quiche 10 to 15 minutes more or till done. Makes 6 to 8 servings.

POCHOUSE
(Fish Chowder)

Float a pat of butter atop each serving of chowder—



6 slices bacon
1 medium onion, chopped (½ cup)
2 shallots, chopped (1 tablespoon)
1½ cups Aligote or white Burgundy
1½ cups water
1 teaspoon salt
¼ teaspoon dried thyme, crushed
1 stalk celery, quartered
2 cloves garlic, halved
4 sprigs parsley
2 whole cloves
1 pound brook trout *or* pike fillets
1 pound halibut *or* haddock fillets
3 tablespoons all-purpose flour
3 tablespoons butter or margarine, softened
¼ cup light cream

Cook bacon in 4½-quart Dutch

continued on page 108



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Buying Information, page 136

MOLDED VEGETABLE SALADS

Imperial Garden Salad

Chinese vegetables are molded into a prizewinning salad—

2 envelopes unflavored gelatin
⅓ cup sugar
1 13¾-ounce can beef broth
2 tablespoons lemon juice
2 tablespoons soy sauce
1 tablespoon vinegar
1 16-ounce can mixed Chinese vegetables, drained
¼ cup diced green pepper

In saucepan, combine gelatin and sugar. Add beef broth; bring to boiling, stirring to dissolve gelatin. Remove from heat; add 2 cups cold water, the lemon juice, soy sauce, vinegar, and ¼ teaspoon salt. Chill till partially set. Fold in all the vegetables. Pour into 5-cup ring mold. Chill till firm. Unmold and serve with *Sour Cream Dressing:* Combine ½ cup dairy sour cream, 1 tablespoon milk, and 2 teaspoons soy sauce. Makes 6 servings.

Frances L. Fruit, East Lansing, Mich.

Cut along dotted line



Photographs: Dieter

EGG MAIN DISHES

Quick Egg Curry

A meatless dinner entree with an easy soup-based curry sauce wins first place—

1 can condensed cream of chicken soup
½ cup cream-style cottage cheese
1 teaspoon curry powder
5 hard-cooked eggs, peeled and quartered
2 cups hot cooked rice
½ cup French fried onions

In blender container, combine the cream of chicken soup, cottage cheese, and curry powder. Cover and blend till mixture is smooth. Pour soup mixture into small saucepan; cook and stir over medium heat till heated through. Stir in hard-cooked eggs; heat through. Serve over hot cooked rice. Garnish with French fried onions and parsley, if desired. Makes 4 servings.

Mrs. E. W. Thiel, Oshkosh, Wis.



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Creamy Poached Eggs

1 cup milk
¾ cup (3 ounces) shredded sharp process American cheese
¼ cup sliced pimento-stuffed green olives
1 tablespoon butter or margarine
1 teaspoon snipped chives
Dash bottled hot pepper sauce
1 tablespoon all-purpose flour
½ cup dairy sour cream
4 eggs
4 English muffins, split, toasted, and buttered

In 8-inch skillet, combine milk, cheese, olives, butter or margarine, chives, and hot pepper sauce. Heat and stir till cheese is melted. Combine flour and sour cream; stir into hot milk mixture. Heat and stir till bubbly. Break eggs, one at a time, into a saucedish. Stir simmering milk mixture to make a swirl; slip eggs from saucedish into middle of swirl. Cover and simmer 3 to 4 minutes or till eggs are of desired doneness. Serve on English muffins. Makes 4 servings.

Mrs. Gwen Putney, Campbell, Calif.



Scrambled Egg Casserole

¼ cup chopped green pepper
2 tablespoons butter or margarine
6 beaten eggs
1 tablespoon butter or margarine
1 tablespoon all-purpose flour
1 cup milk
½ cup (2 ounces) shredded process American cheese
2 tablespoons chopped pimiento
1 tablespoon butter or margarine, melted
¾ cup soft bread crumbs

In skillet, cook green pepper in the 2 tablespoons butter or margarine till tender. Add eggs and scramble just till set. Set aside. In medium saucepan, melt the first 1 tablespoon butter; blend in flour, ¼ teaspoon salt, and a dash pepper. Add milk; cook and stir till bubbly. Add cheese; stir till melted. Fold in eggs and pimiento. Turn into 1-quart casserole. Combine melted butter and crumbs; sprinkle atop casserole. Bake in 350° oven 15 to 20 minutes. Makes 4 servings.

Mrs. Gordon R. Keys, Denver, Colo.



Guacamole-topped Gazpacho Salad

1 envelope unflavored gelatin
1 10¾-ounce can condensed tomato soup
1 tablespoon white wine vinegar
Several drops bottled hot pepper sauce
1 medium tomato, chopped
½ cup peeled, seeded, shredded cucumber
½ cup seeded and chopped green pepper
¼ cup minced onion
1 can frozen avocado dip, thawed
¼ cup mayonnaise or salad dressing
¼ cup dairy sour cream
1 tablespoon lemon juice
Several drops bottled hot pepper sauce

In small saucepan, soften gelatin in ½ cup cold water. Blend in soup, vinegar, and the first several drops of hot pepper sauce. Heat and stir till gelatin dissolves. Chill till partially set. Fold in tomato, cucumber, green pepper, and onion. Pour into a 3-cup mold. Chill till firm. Combine remaining ingredients. Serve with salad.

Mrs. James F. Johnson, Summit, N.J.



Cheesy Coleslaw Mold

Coleslaw goodness folded into a cheesy lime-flavored gelatin—

1 3-ounce package lime-flavored gelatin
1½ cups boiling water
2 tablespoons vinegar
⅓ cup mayonnaise or salad dressing
½ teaspoon salt
Dash pepper
1½ cups chopped cabbage
½ cup shredded carrot (1 medium carrot)
½ cup (2 ounces) shredded sharp process American cheese
⅛ teaspoon celery seed

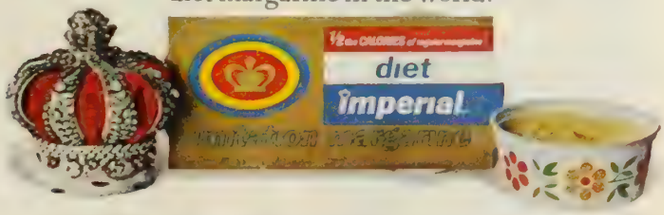
Dissolve gelatin in boiling water; add vinegar. Combine mayonnaise or salad dressing, salt, and pepper; gradually add gelatin mixture. Chill till partially set. Combine chopped cabbage, carrot, cheese, and celery seed. Fold into gelatin mixture. Pour into six to eight ½-cup molds. Chill till firm. Unmold the salads on lettuce-lined plates. Makes 6 to 8 servings.

Mrs. L. E. Krause, Warrington, Fla.



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DIET IMPERIAL MARGARINE



continued from page 103

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oven; drain, reserving 2 tablespoons bacon drippings. Crumble bacon and set aside. Cook onion and shallots in the reserved bacon drippings till tender. Remove from heat. Add wine, water, salt, and thyme. Tie celery, garlic, parsley, and whole cloves in a cheesecloth bag (Bouquet Garni) and add to pan. Bring to boiling; reduce heat and simmer, covered, 20 minutes. Remove cheesecloth bag. Cut fish in bite-sized pieces; add to Dutch oven. Cover and cook gently till fish flakes with a fork, about 8 to 10 minutes.

Blend flour and butter or margarine to a smooth paste; stir into boiling liquid along with cream. Cook and stir till thickened and bubbly. Return bacon pieces to pan. Season to taste with salt and pepper. Serve in bowls. Makes 8 servings.

SAUCE MOUTARDE
(Mustard Sauce)
Also a good accompaniment to ham or beef—

3 tablespoons Dijon-style mustard
3 tablespoons vinegar
1 teaspoon salt
¼ teaspoon white pepper
6 tablespoons cooking oil
¼ cup dairy sour cream

Combine mustard, vinegar, salt, and pepper in small bowl. With rotary beater or wire whisk, gradually beat in cooking oil. Serve at room temperature over hot cooked asparagus spears. Makes ¾ cup sauce.

For creamy variation, blend ¼ cup of the basic sauce into the sour cream.

COQ AU VIN BOURGOGNE
(Chicken with Burgundy Sauce)
For the Chenu family, this is a special occasion dish—



¼ pound salt pork, diced
1 pound (16) small boiling onions, peeled
5 ounces fresh whole mushrooms
2 cloves garlic, halved
2 2½-pound broiler-fryers, cut up
2 tablespoons all-purpose flour
¾ teaspoon salt
¼ teaspoon pepper
1⅔ cups (half of 4/5-quart bottle) red Burgundy
1 cup chicken broth
2 tablespoons snipped parsley
½ teaspoon dried thyme, crushed
2 bay leaves
3 tablespoons all-purpose flour
3 tablespoons butter or margarine, softened
1 recipe Croutons a Ail

In 8-quart Dutch oven, cook salt pork till crisp and browned; remove from pan, reserving ¼ cup drippings (if necessary, add cooking oil to drippings to make ¼ cup). Cook onions, mushrooms, and garlic in drippings for 5 minutes; remove from pan and set aside. Add half the chicken pieces to remaining drippings; brown thoroughly on all sides. Remove from Dutch oven. Repeat with remaining chicken. Blend the 2 tablespoons flour, the salt, and pepper into drippings in pan; add the wine, chicken broth, parsley, thyme, and bay leaves. Return chicken, onions, mushrooms, and salt pork to pan. Simmer, covered, till chicken is tender, about 40 minutes. Remove chicken from sauce; discard bay leaves. Spoon off excess fat.

Blend the 3 tablespoons flour and the butter or margarine to a smooth paste. Using a wire whisk, stir into the hot sauce in pan. Cook and stir till thickened and bubbly. Season to taste with salt and pepper. Return chicken to pan; heat through. To serve, arrange chicken on serving plate; top with the sauce. Sprinkle with additional snipped parsley, if desired. Pass Croûtons à Ail. Makes 6 to 8 servings.

CROUTONS A AIL
(Garlic Croutons)

8 slices French bread, cut ½ inch thick
1 large clove garlic, halved
¼ cup cooking oil
4 tablespoons butter or margarine, softened

Rub both sides of bread slices with the cut clove of garlic. Gradually blend oil into softened butter or margarine; spread both sides of bread with oil-butter mixture. Toast on griddle over medium-low heat for 2 to 3 minutes on each side. Makes 8 slices.

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l filling and delicious
ty glaze.



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SALAT SCHUSSEL
(Special Salad Bowl)

½ medium cucumber, sliced (1 cup)
3 tomatoes, cut in wedges (1 pound)
1 grapefruit, peeled and sectioned (1 cup)
2 avocados, seeded, peeled, and thinly sliced (1½ cups)
1 green pepper, thinly sliced (½ cup)
4 fresh peaches, peeled, pitted, and thinly sliced (2½ cups)
⅓ cup plain yogurt
⅓ cup dairy sour cream
⅓ cup salad oil
¼ cup chopped onion
2 tablespoons orange juice
2 tablespoons white wine vinegar
1 egg yolk
1 tablespoon lemon juice
1 tablespoon sugar
1 teaspoon salt
½ teaspoon dry mustard
1 head Boston lettuce, torn in bite-sized pieces (2½ cups)

Arrange vegetables and fruit in large salad bowl. Combine remaining ingredients *except* lettuce; mix very thoroughly. Pour enough dressing over fruit and vegetables to moisten. Chill 1 hour. Just before serving, add lettuce. Toss with salad. Makes 8 to 10 servings.

GESCHNETZELTES KALBFLEISH MIT SPAETZLE
(Fried Veal Strips with Spaetzle)

1 pound veal round steak, cut ½ inch thick
1 medium onion, chopped (½ cup)
2 tablespoons butter or margarine
1 tablespoon all-purpose flour

• • •

½ cup beef broth
½ cup dry white wine
½ teaspoon salt
½ cup sliced fresh mushrooms
2 tablespoons snipped parsley

• • •

1 tablespoon all-purpose flour
2 tablespoons cold water
1 recipe Spaetzle

Partially freeze meat. With sharp knife, slice meat very thin across the grain. Cook onion in butter or margarine till tender but not brown. Add meat; sprinkle the first tablespoon flour over meat. Stir till meat is lightly browned. Add broth, wine, and salt. Bring to boiling. Reduce heat; cover and simmer for 5 minutes. Stir in mushrooms and parsley. Combine remaining flour and water; stir into hot mixture. Cook and stir till thickened and bubbly. Season to taste with salt and pepper. Serve with hot cooked Spaetzle. Makes 4 servings.

HERINGE NACH HAUSFRAUENART
(Herring a la Housewife)
An unusual version of a herring favorite—

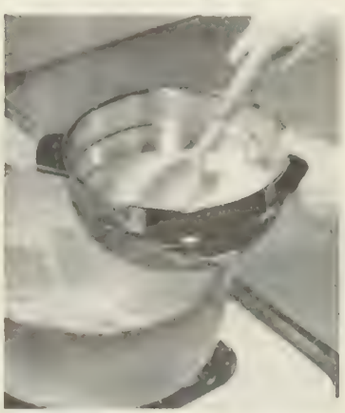
1 pint lightly pickled, salted herring
1 onion, thinly sliced
2 dill pickles, sliced (½ cup)
1 tablespoon capers
⅓ cup plain yogurt
⅓ cup dairy sour cream
⅓ cup mayonnaise or salad dressing
¼ teaspoon sugar
⅛ teaspoon dry mustard
⅛ teaspoon pepper
1 medium apple, cored and thinly sliced
Paprika

Wash and dry fillets of herring; put in bowl. Top with onion, pickle, and capers. Combine yogurt, sour cream, mayonnaise, sugar, mustard, and pepper; stir into herring mixture. Cover; let stand in refrigerator overnight. Before serving, fold apples into mayonnaise mixture. Sprinkle with paprika. Makes 3½ cups.

SPAETZLE

2 cups all-purpose flour
1 teaspoon salt
2 slightly beaten eggs
1 cup milk

Stir together flour and salt. Add eggs and milk; beat well. Place mixture in a coarse-sieved colander. Hold over large kettle of



rapidly boiling salted water. With wooden spoon, press batter through colander. Cook and stir 5 minutes; drain thoroughly. Makes 3 cups.

MALAKOFF-TORTE
A popular German dessert—

½ cup butter or margarine
¾ cup sugar
4 egg yolks (room temperature)
½ cup milk (room temperature)
1 teaspoon vanilla
1½ cups very finely ground

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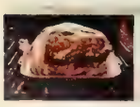
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toasted almonds
18 to 24 ladyfingers, split lengthwise
1 cup whipping cream

In mixer bowl, cream butter or margarine and sugar till fluffy. Beat in egg yolks, one at a time. Continue beating while gradually adding milk and vanilla. Stir in almonds. Arrange half of the split ladyfingers on bottom and sides of a 6-cup bowl, breaking ladyfingers to fit. Pour ⅓ of almond mixture over to cover. Top with ½ of remaining ladyfingers; pour another ⅓ of almond mixture over to cover. Top with remaining ladyfingers and cover with remaining almond mixture. Cover; refrigerate overnight. To serve, loosen from bowl; invert onto plate. Whip cream to soft peaks; frost torte. Garnish with strawberries, if desired.

ZUGER KIRSCHTORTE
(Zuger Cherry Torte)

1 cup sifted powdered sugar
1 tablespoon cornstarch
5 egg whites
½ cup hazelnuts or almonds, ground
½ cup all-purpose flour
½ cup cornstarch
½ teaspoon baking powder
2 tablespoons hot water
3 egg yolks
½ cup sifted powdered sugar
3 egg whites
¼ cup sifted powdered sugar

• • •

¼ cup kirschwasser
¼ cup water
2 tablespoons granulated sugar
1 cup butter or margarine
2 cups sifted powdered sugar
2 egg yolks
½ cup currant jelly
½ cup chopped hazelnuts or almonds

Combine the 1 cup powdered sugar and the 1 tablespoon cornstarch. In small bowl, beat the 5 egg whites to soft peaks. Gradually beat in powdered sugar mixture, beating till stiff peaks form. Fold in ground hazelnuts. Line two 9-inch round cake pans with waxed paper. Spread half the meringue in each pan. Bake in 300° oven 18 to 20 minutes. Cool in pans 5 minutes; without removing waxed paper, remove meringues from cake pans. Place, paper side down, on rack. Cool.

Thoroughly stir together flour, the ½ cup cornstarch, and baking powder; set aside. In large bowl, gradually add the 2 tablespoons hot water to the 3 egg yolks; beat well. Beat in the ½ cup powdered sugar. In sm bowl, beat the 3 egg whites to s peaks. Gradually beat in the cup powdered sugar till stiff pe form. Fold egg white mixture i beaten yolks. Gradually add fl mixture, folding very gently thoroughly after each additi Pour batter into greased a floured 8-inch round cake p Bake in 375° oven 20 minut Cool in pan 10 minutes; rem from pan. Cool on rack.

Combine kirschwasser, the cup water, and granulated sug set aside. Cream butter or m garine. Gradually beat in the cups powdered sugar. Add th egg yolks and currant jelly, be ing well.

Place one meringue layer cake plate; carefully peel waxed paper. Spread with ½ c of the butter-jelly mixture. T with the sponge cake layer. Sl ly drizzle kirschwasser mixtu over sponge cake layer. Spre with another ½ cup butter-je cream. Top with second mering layer; peel off paper. Frost t and sides of torte with remain butter-jelly cream. Pat or pr chopped nuts on sides of ca Sift additional powdered su heavily over top. Mark a cri cross pattern with sharp kn over top of cake. Chill at leas hours. To serve, cut the cake small pieces.

NUSSKUCHEN
(Hazelnut Cake)

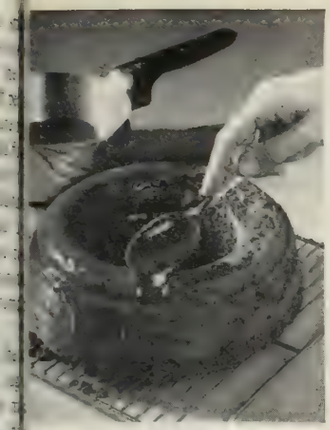
4 squares (4 ounces) unsweeten chocolate
1 cup butter or margarine
1¼ cups sugar
6 egg yolks
1 tablespoon grated lemon peel
½ cup all-purpose flour
1 teaspoon baking powder
1 teaspoon ground cinnamon
Dash salt
1 cup ground hazelnuts or almon
6 stiff-beaten egg whites
1 recipe Chocolate Glaze

Grate 2 squares of chocolate a time in blender or grate by han In mixer bowl, cream butter margarine and sugar till light a fluffy; beat in egg yolks a lemon peel. Thoroughly stir t gether flour, baking powder, c namon, and salt; beat well in creamed mixture. Stir in nuts a chocolate. Fold in egg whit Pour into generously greased a floured 6½-cup ring mold. Ba in 350° oven for 50 to 55 mi utes. Cool in pan 10 minutes. R move from pan. Cool on rac Frost with *Chocolate Glaze:* small saucepan, melt 1 square ounce) unsweetened chocol and 2 tablespoons butter or m garine over low heat, stirring co stantly. Remove from heat. S in 1½ cups sifted powdered sug and 1 teaspoon vanilla till cru bly. Blend in 2 to 3 tablespoo



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ing water to form medium
e of pouring consistency.
on quickly over cake; spread
e evenly over top and sides.

FULLTES GEMUSE
iffed Vegetables)

rge firm tomatoes
rge onions
rge green peppers
und ground beef
cups soft bread crumbs
? slices bread)
blespoons catsup
blespoon snipped parsley
easpoon salt
easpoon pepper
blespoon cooking oil
up catsup
up water
up (2 ounces) shredded
rocess Swiss cheese

tops off tomatoes; scoop out
o. Chop tops and pulp; drain
set aside. Peel onions. Cut off
s of green peppers; remove
ls and membrane. Precook
ons and peppers in boiling
ed water for 5 minutes; drain.
ol. Remove centers from on-
s; chop ¼ cup of onion cen-
and reserve (use remaining
on centers another time).
wn ground beef in skillet;
in off excess fat. Stir in re-
ved chopped tomato, reserved
pped onion, bread crumbs,
2 tablespoons catsup, parsley,
, and pepper. Stuff tomatoes,
ons, and peppers with meat
ture. Place onion and peppers
ot cooking oil in skillet. Add
remaining catsup and water.
er; simmer 10 to 15 minutes.
d stuffed tomatoes to skillet.
er and continue to simmer 15
20 minutes more. Sprinkle
dded cheese over stuffed
etables. Cover; heat till cheese
ts, about 5 minutes. (To
ch picture, triple recipe.)
kes 6 servings.

H YEAST DOUGH
Bienenstich and Zimt Nuss-
hen)

cups all-purpose flour
ckage active dry yeast
p milk
up butter or margarine
up sugar
aspoon salt
1 egg

In large mixer bowl, combine 2 cups of the flour and the yeast. Heat together milk, butter or margarine, sugar, and salt just till warm (115° to 120°), stirring occasionally to melt butter. Add to dry mixture in mixer bowl; add egg. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a stiff dough. Place dough in greased bowl, turning once to grease surface. Cover; let rise in warm place till double, about 1½ hours. Turn out on lightly floured surface. Divide in half and form each part into a ball. Use half the dough for Bienenstich and other half for Zimt Nusskuchen.

BIENENSTICH
A scrumptious coffee bread or dessert—

½ recipe Rich Yeast Dough
Almond Syrup:
¼ cup butter or margarine
1 cup sugar
1 tablespoon milk
1 teaspoon lemon juice
¾ cup sliced blanched almonds
½ teaspoon vanilla
Vanilla Creme Filling:
¼ cup sugar
2 tablespoons cornstarch
Dash salt
¾ cup milk
1 beaten egg
½ teaspoon vanilla
¾ cup butter or margarine

While Rich Yeast Dough is rising the first time, prepare *Almond Syrup:* In saucepan, melt the ¼ cup butter or margarine. Add the 1 cup sugar, the 1 tablespoon milk, and the lemon juice; bring to boiling, stirring constantly. Remove from heat; stir in almonds and the first ½ teaspoon vanilla. Set aside to cool. On lightly floured surface, roll out the ½ recipe of Rich Yeast Dough to 13x9-inch rectangle. Carefully lift dough into a well-greased 13x9x2-inch baking pan. Pat out to fit bottom of pan. Spread cooled Almond Syrup over dough. Cover; let rise in warm place till almost double, about 1 hour. Bake in 375° oven 15 to 20 minutes. Cool 10 minutes; remove from pan. Cool on rack.

Prepare *Vanilla Creme Filling:* In saucepan, combine the ¼ cup sugar, cornstarch, and salt. Gradually add the ¾ cup milk. Cook and stir over medium heat till mixture thickens and bubbles; cook and stir 2 to 3 minutes more. Stir a moderate amount of hot mixture into beaten egg; return to hot mixture. Cook and stir just till mixture boils. Remove from heat. Stir in remaining vanilla. Cover surface of pudding with waxed

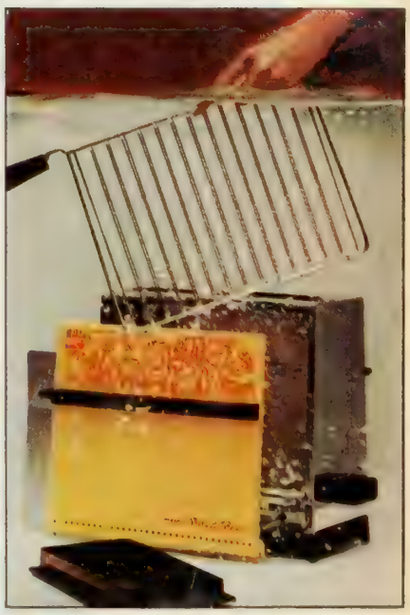
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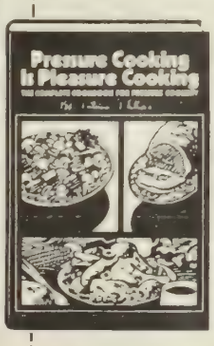


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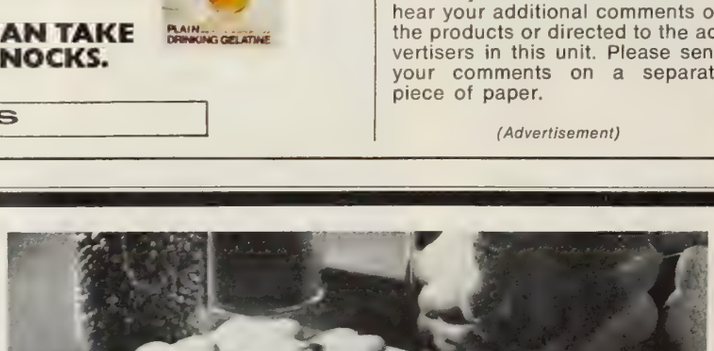
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Cooking with coriander

Although you may have overlooked coriander for seasoning, your taste buds know it well because it's an ingredient in frankfurters, curry powder, and pickles. This feathery annual herb is grown in Asia and in Mediterranean countries. The foliage has a strong pungent odor, but the tiny seeds held in paper-thin shells have a pleasant fragrance. For centuries, Spaniards and Orientals have seasoned their meats, poultry, and fish with coriander leaves, called cilantro or Chinese parsley, and coriander seeds and powder. Scandinavians traditionally use the seeds in cookies, cakes, and pastries.

Because coriander seed and ground coriander have a delicate flavor, they can generally be used liberally. Try coriander in puddings, gingerbread, cookies, and frostings. Sprinkle it lightly on baked eggs or into omelets. Add it to applesauce and apple pie. And include it in meat patties and loaves, homemade sausage, stew, and stuffing for poultry.



SWEDISH HONEY COOKIES

A pleasant honey, coriander, and cinnamon trio flavors these fluted cutouts—

½ cup butter or margarine
⅔ cup packed brown sugar
⅓ cup honey
1 egg
2 cups all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
1 teaspoon ground coriander
¼ teaspoon ground cinnamon

In mixer bowl, cream butter or margarine, brown sugar, and

DIRECTIONS

Use this rating system for each product.

We use/ prepare this food:
1. Regularly
2. Occasionally
3. Seldom or never

From a year ago, this usage is:
4. An increase
5. A decrease
6. The same

On a post card or sheet of paper, write the letters of each product below. Beside each letter write the *two* numbers which best represent your usage. If you are baking bread from scratch regularly and were not a year ago, your answer would read: A. 1—4

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Please rate these foods:

A. Yeast breads from scratch
B. Steaks, burgers, chops, etc.
C. Stews, pot roasts, etc.
D. Meatless meals
E. Gelatin desserts and salads
F. Frozen bread dough
G. Canned soups
H. Homemade soups
I. Homemade casseroles
J. Packaged dinner mixes
K. Pudding and similar dessert mixes
L. Cake mixes
M. Cakes from scratch
N. Cookies from scratch
O. Frozen or packaged potatoes
P. Ready-to-eat cereals for breakfast
Q. Cereals in recipes
R. Potato chips, snack crackers, etc.
S. Fresh citrus fruit/ frozen juices
T. Dry fruit juice mix
U. Dry soup mixes

ADD "X" OR "Y"

At the bottom of your answer sheet please indicate an "X" or "Y" to describe the working status of the female household head in your home.

X. Homemaker is employed outside the home
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honey. Beat in egg. Thoroughly stir together flour, soda, salt, coriander, and cinnamon. Stir into creamed mixture, working to make a soft dough. Divide dough in half; wrap in waxed paper. Chill. Roll out each half ⅛ inch thick on well-floured surface. Cut into desired shapes with cookie cutter. Place on ungreased cookie sheet; bake in 375° oven for 5 to 7 minutes or till cookies are golden. Makes about 4 dozen cookies.

IRANIAN GROUND BEEF

A side dish of baked bananas will give the meal a decidedly Middle Eastern flair—

1 pound lean ground beef
1 tart medium apple, pared, cored, and finely chopped (about 1 cup)
¼ cup finely chopped onion
1½ teaspoons ground coriander
1 teaspoon salt
½ teaspoon ground turmeric
1 clove garlic, minced

• • •

1 cup frozen peas
¼ cup water
1 cup dairy sour cream

• • •

Hot cooked rice

In large skillet, cook the ground beef, apple, onion, coriander, salt, tumeric, and garlic till meat is browned and onion is tender. Stir in peas and water; cover and cook 5 minutes. Stir in sour cream; heat through but do not allow mixture to boil. Serve ground beef mixture over hot cooked rice with baked bananas alongside, if desired. Serves 4.



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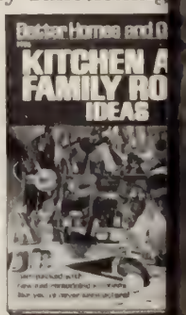
KITCHEN BOUQUET

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with cash-conscious decorating s
and includes stylish ideas for r
fabric furniture, decorating door
covering, and alternative fur
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To dress up pasta deliciousl



◄ MANICOTTI

An Italian favorite with an especially creamy filling.

1/2 pound ground beef
1 clove garlic, crushed
1 cup creamed cottage cheese
4 ounces shredded mozzarella cheese
1/2 tsp. salt
1/2 cup BEST FOODS Real Mayonnaise
8 manicotti, cooked and drained
1 jar (16 oz) spaghetti sauce
1/2 tsp. dried oregano leaves
Parmesan cheese

Brown beef and garlic; drain fat. Mix next 4 ingredients in bowl; stir in beef. Fill each manicotti with about 1/4 cup cheese-meat filling. Place in baking dish; cover with sauce. Sprinkle with oregano and cheese. Cover with foil. Bake in 350°F oven 15 minutes. Remove foil; bake 10 minutes longer. Serves 4.



▲ NOODLES AND PROSCIUTTO

The velvety cheese sauce takes just minutes to make.

1 Tbsp. margarine
1/2 cup chopped green pepper
1 cup grated Swiss cheese
1/3 cup BEST FOODS Real Mayonnaise
1/3 cup milk
1 Tbsp. prepared mustard
1/8 tsp. pepper
1/4 pound thinly sliced prosc
hard salami, cut in piec
1 package (8 oz) green or w
noodles, cooked and d

Melt margarine in saucepan; saute green pepper until tender. Ad ingredients. Cook, stirring constantly, until cheese melts. Spo noodles. Garnish with prosciutto, if desired. Serves 4.



SHRIMP TETRAZZINI

For variety, replace shrimp with chicken.

2 Tbsp. margarine
1 medium onion, chopped
8 ounces shelled, deveined shrimp
8 ounces fresh sliced or canned drained mushrooms
1/4 cup flour
1/4 cup BEST FOODS Real Mayonnaise
1 tsp. salt
2 cups milk
1/4 cup sherry
1 package (8 oz) thin spaghetti, cooked and drained
Grated Parmesan cheese

Melt margarine in skillet; saute onion until tender. Add shrimp and mushrooms. Cook 5 minutes, stirring often; remove from skillet. Mix next 3 ingredients in skillet; add liquids. Cook until thickened. Toss with shrimp and spaghetti. Turn into 1 1/2-quart casserole. Top with cheese; bake in 350°F oven 30 minutes. Serves 4.

Best Foods, a Division of CPC International Inc. cpc International

FAMILY FOOD IDEAS

tart fresh with Real Mayonnaise.

hank goodness for Best Foods.®

asy to make family-priced pasta taste like company's ng. Just start with Best Foods Real Mayonnaise. No r mayonnaise freshens up pasta better than creamy- th Best Foods. It's the really fresh Real Mayonnaise. se days more than ever, thank goodness for Best Foods.



LASAGNE FLORENTINE

Everyday ingredients made into something special.

- Tbsp. margarine
- cup chopped onion
- Tbsp. corn starch
- sp. salt
- Dash pepper
- Dash ground thyme
- cups milk
- 1/3 cup BEST FOODS Real Mayonnaise
- 1 package (10 oz) frozen chopped spinach, thawed and drained
- 2 cans (7 oz each) tuna, drained
- 6 lasagne noodles, cooked, drained and cut in half
- 2 Tbsp. grated Parmesan cheese

argarine in saucepan; saute onion until tender. Add next 6 ingredients. ntil thickened; stir in spinach. Mix 1/3 cup sauce with tuna. Spoon 2 table- s tuna mixture on each noodle and roll up. Pour half of remaining sauce aking dish; place roll-ups on top and pour on rest of sauce. Sprinkle with e. Bake in 325°F oven 20 minutes. Serves 4 to 6.



MACARONI FRANKS DINNER

A savory main dish made a quick no-oven way.

- 1 package (8 oz) macaroni, cooked and drained
- 1 pound frankfurters, cooked, in 1-inch pieces
- 1 cup BEST FOODS Real Mayonnaise
- 1/2 cup julienne American cheese
- 1/2 cup sliced green onion
- 2 Tbsp. prepared mustard
- 1/2 tsp. salt
- 1/4 tsp. pepper

Heat all ingredients in large saucepan. Serves 6.



CHICKEN-FILLED SHELLS

Leftover chicken a fresh way.

- 2 cups cubed cooked chicken
- 1 cup cooked peas
- 1/2 cup BEST FOODS Real Mayonnaise
- 1/3 cup finely chopped onion
- 1 package (12 oz) jumbo shells, cooked and drained
- 1 can (10 3/4 oz) condensed cream of mushroom soup
- 1/2 cup water

Mix together first 4 ingredients. Stuff shells. Arrange in single layer in baking dish. Stir water into soup, pour over shells. Cover with foil. Bake in 325°F oven 25 minutes. Garnish with chopped parsley, if desired. Serves 8.



BRING OUT THE BEST FOODS AND BRING OUT THE BEST.



Cherry Breeze

No-cook filling. No-bake crust.

Just blend and chill this luscious cream cheese pie.

1 cup Kellogg's® Corn Flake Crumbs
⅓ cup regular margarine or butter, melted
1 package (8 oz.) cream cheese, softened
1 can Eagle® Brand Sweetened Condensed Milk (not evaporated milk)*
½ cup ReaLemon® Reconstituted Lemon Juice (Measure accurately.)
1 teaspoon vanilla flavoring
1 can (1 lb. 5 oz.) chilled cherry pie filling

**Magnolia® or Dime® Brands may be used.*

Mix corn flake crumbs and margarine or butter thoroughly in 9-inch pie pan. Press firmly and evenly over bottom and sides of pan to form crust. Chill.

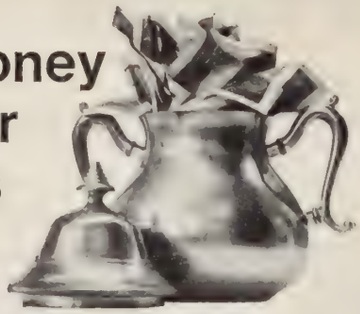
Beat the cream cheese until light and fluffy.
Add sweetened condensed milk and blend thoroughly.
Stir in lemon juice and vanilla.
Turn into crust. Refrigerate 3-4 hours, or till firm. (Do not freeze.)
Top with chilled cherry pie filling before serving. Serves 8.



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FAMILY FOOD IDEAS

Win money for your recipes



Variety Meats—Mocha Desserts

We're looking for new and unusual ways to prepare oft-neglecte variety meats, and for extra-special mocha desserts. Send us yo recipe today for either category and you could be a prizewinn next October. Two Cooks-of-the-Month receive $50 each. Fo Runners-up receive $25 each and 12 Honor Roll winners get $1 each. The selected winning recipes will be pictured on the Pri Tested Recipes pages next October. All 18 winners receive framed Better Homes and Gardens Certificate of Endorseme and six copies of the endorsed recipe.

Hints to Help You

Variety meats can include any of the organ meats, such as chitterlings, sweetbreads, or tripe. Do you use the meat in stews, on kabobs, or in a main-dish salad? Maybe you grind heart for meatloaf or a sandwich spread. Do you grill tongue with a spicy pepper sauce? Hints:

sweetbread and pork roll-ups
kidney stew
liver and vegetable skillet
creamed tongue with rice
tripe and pepper soup

Mocha desserts can be a choc late-coffee combo either froz or baked. Start with chocola pudding or coffee ice crea Make a soufflé or a chocola torte with coffee filling. Do y make mocha chiffon or charlot —or fill cream puffs with moc custard? Pointers:

mocha ribbon loaf
mocha tortoni
individual mocha Alaskas
marshmallow-mocha parfait
mocha chip pudding

THIS MONTH'S WINNERS

(See recipes on pages 105 and 106.)

Cooks-of-the-Month

Frances L. Fruit, East Lansing, Mich.
Mrs. E. W. Thiel, Oshkosh, Wis.

Runners-up

Mrs. James F. Johnson IV, Summit, N.J.
Mrs. Gordon Keys, Denver, Colo.
Mrs. L. E. Krause, Warrington, Fla.
Mrs. Gwen Putney, Campbell, Calif.

Honor Roll

Mrs. Elizabeth Brom, LaCrosse, Wis.
June Danner, Seattle, Wash.
Marjorie Johnston, St. Louis, Mo.
Heather Kelley, Atlanta, Ga.
Mrs. Marjorie Lindsay, Bonaparte, Iowa
Resha M. Putzrath, Rochester, N.Y.
Mrs. Fred Scrafield, Laguna Beach, Calif.
Joan H. Senn, Platteville, Wis.
Mrs. Joann C. Smith, Dowell, Ill.
Lois E. Solberg, Racine, Wis.
Mrs. Douglas C. Temple, Peoria, Ill.
Dottie Wentworth, Norwalk, Calif.

Contest Rules

1. Write or type your recipe clearly on one side of the paper and ma it "October Variety Meats" or "October Mocha Desserts." If y wish, send a recipe for each of the two categories.
2. Print your full name and address in upper right corner of paper.
3. Give measurements in *level* cups, tablespoons, teaspoons.
4. Specify brand names of the *nationally* known food products you u as ingredients so we can test your recipe with the same brands.
5. Include 50 to 100 words about the origin of the recipe you submit.
6. Recipes submitted become property of Meredith Corporation.
7. Entries must be postmarked by midnight, March 31. In cases whe duplicate recipes are submitted, the one with the earliest postma will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7403 Test Kitchen, Better Hom and Gardens, Des Moines, Iowa 50336.



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Smells like Taster's Choice.
Tastes like Taster's Choice.



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FAMILY FOOD IDEAS

We look, smell and taste like ground roast.

continued from page 111

To America with love

paper; cool. Cream remaining butter. Remove the waxed paper from pudding. Gradually beat cooled pudding into butter. Chill at least 30 minutes. Cut bread into 3-inch squares. Split each piece of bread horizontally and fill with some Vanilla Creme Filling. Makes 12 servings.

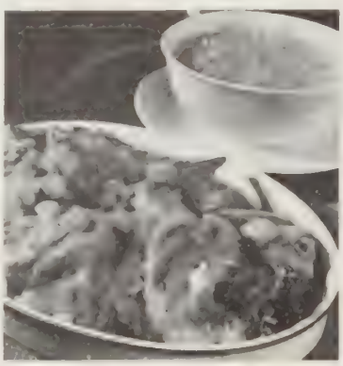
ZIMT NUSSKUCHEN
(Cinnamon Nut Coffee Cake)

½ recipe Rich Yeast Dough
2 tablespoons butter or margarine, melted
¼ cup sugar
½ teaspoon ground cinnamon
½ cup finely chopped toasted almonds
1 recipe Icing

Prepare Rich Yeast Dough. On lightly floured surface, roll the ½ recipe of dough to 12x12-inch square. Brush with melted butter or margarine. Sprinkle on sugar and cinnamon. Top with a layer of almonds. Without stretching dough, fold one side over to within ½ inch of opposite side. Press edges together. Place on greased baking sheet. Cover; let rise in warm place till almost double. Bake in 375° oven for 12 to 15 minutes or till golden brown. Cool. Frost with *Icing:* Beat together 1 cup sifted powdered sugar, 1 teaspoon hot water, and 2 tablespoons butter.

CONIGLIO AL VINO
(Rabbit with Wine)

Another time, simmer chicken, duck, or pheasant in this flavorful wine sauce—



1 medium onion, finely chopped (½ cup)
1 clove garlic, minced
¼ teaspoon dried rosemary, crushed
3 tablespoons butter or margarine
2-pound dressed young rabbit, cut up
1 teaspoon salt
⅛ teaspoon pepper
1 bay leaf
¾ cup Barolo or dry red Italian wine
½ cup light cream

In Dutch oven, cook onion, garlic, and rosemary for 5 minutes in the butter or margarine (do not brown). Remove onion mixture with slotted spoon and set aside. Brown rabbit in same butter on all sides. Sprinkle with salt and pepper. Add bay leaf and the onion mixture to pan. Add wine; cover and cook slowly 1 hour or till rabbit is tender. Remove rabbit. Bring pan juices to boiling; cook till reduced to ½ cup. Stir in cream. Add cooked rabbit; heat through. Place rabbit in serving dish. Pass remaining sauce with rabbit. Garnish with parsley, if desired. Makes 4 servings.

CAPPALLETTI ALLA PARMESAN
(Stuffed Pasta with Parmesan Cheese)

Shell macaroni can also be used instead of stuffed pasta—

8 ounces cappalletti, tortellini, ravioli, or any filled pasta
1 cup whipping cream
¾ cup dairy sour cream
⅛ teaspoon white pepper
Dash ground nutmeg
⅓ cup grated parmesan cheese

Cook pasta in boiling salted water till tender; drain. Place in 10x6x2-inch baking dish. Blend whipping cream into sour cream; add pepper, nutmeg, and half of the parmesan. Pour over pasta. Top with remaining cheese. Bake in 350° oven for 15 minutes or till mixture is heated through. Makes 6 servings.

POLLO AL BAROLO
(Chicken with Barolo Wine)



1 medium onion, chopped (½ cup)
2 tablespoons chopped parsley
1 clove garlic, finely chopped
½ teaspoon dried marjoram, crushed
4 tablespoons butter or margarine
2½-pound broiler-fryer, cut up
⅓ cup tomato puree
⅓ cup Barolo or dry red Italian wine
½ teaspoon salt
⅛ teaspoon pepper

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All at the same time.

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Peanut Butter Chocolate Chip

Butter Pecan

Honey Spice Nut

The Bar Cookie Mix. It's new, and only from Betty Crocker. And there's enough in each box for a 13 x 9 inch baking pan. Isn't it nice to know that with so little effort you can bake up so much great taste?



ons cornstarch
poon cold water
skillet, cook onion, pars-
ic, and marjoram in 2 ta-
ıs of the butter or marga-
5 minutes (do not brown).
vegetables from pan and
. Add remaining butter
t; brown chicken on all
o half the chicken at a
necessary). Combine to-
ree, wine, salt, and pep-
d to skillet along with
vegetables. Cover and
for 45 minutes. Remove
to a serving platter.
ff excess fat from sauce.
rnstarch and water; add
in skillet. Cook and stir
ened and bubbly; pour
cken. Garnish with pars-
sired. Makes 4 servings.

A CIPOLLE
ced Onion Omelet)
n onions, chopped (1 cup)
oon cooking oil

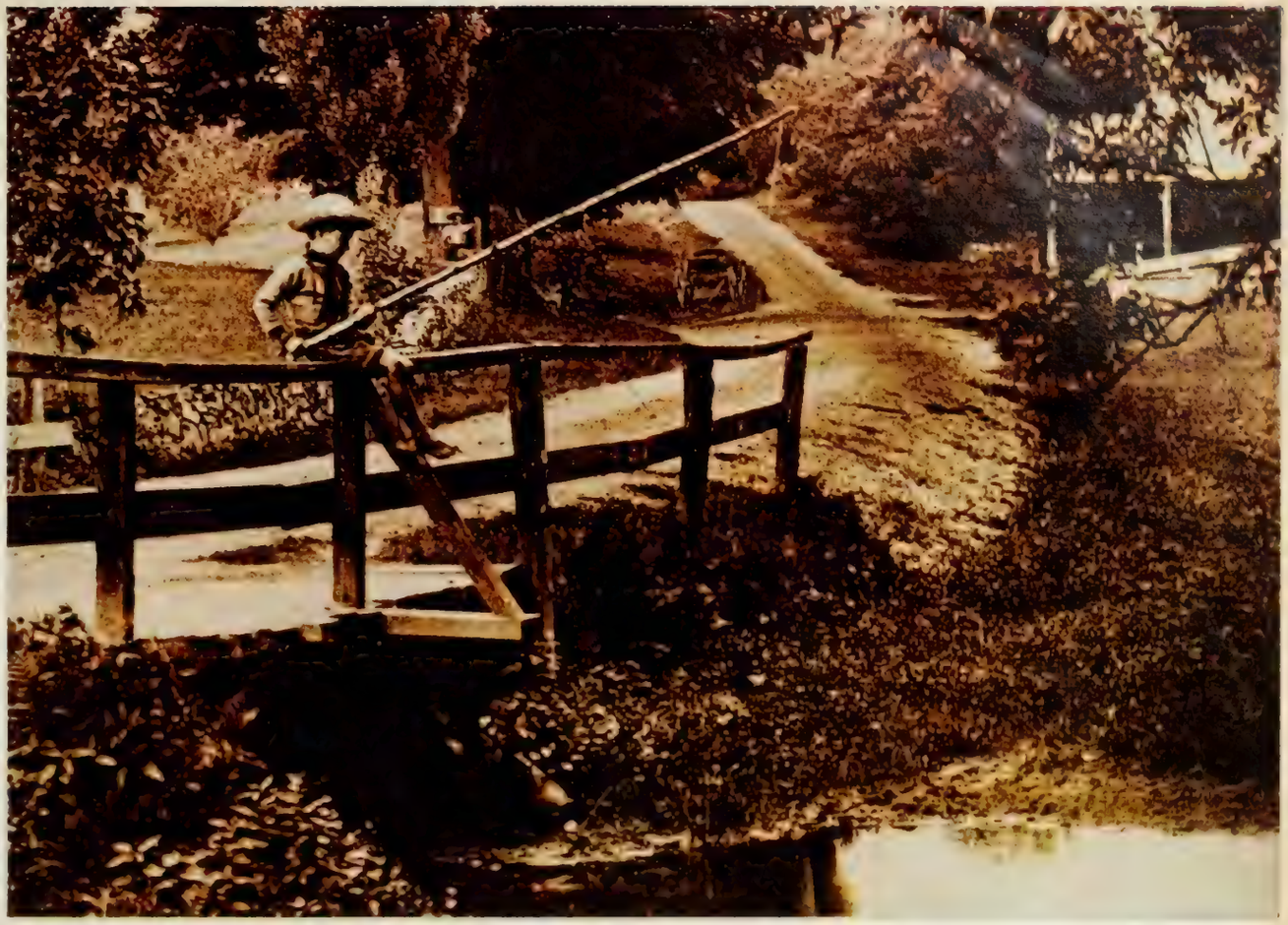
oons milk
ated parmesan cheese
per
on cooking oil
ions in the 1 tablespoon
ill well browned, about
0 minutes. Blend eggs,
eese, and pepper. Heat
g 1 teaspoon oil in an 8-
elet pan. Pour in the egg
and cook over low heat
are set and golden brown
m (surface should still be
Sprinkle with browned
lace under broiler and
eggs are thoroughly set
about 2 minutes. Slide
nto serving plate and cut
s. Makes 2 servings.

E
ied Cakes)



ks
gar
ed cake flour
oons baking powder
on salt
ilk
tes
oil for frying

yolks and sugar togeth-
ogether cake flour, bak-
ler, and salt; add to egg
alternately with milk.
whites till stiff; fold into
d



Taste the flavor of times long gone. In Heartland Natural Cereal.

Your first taste of Heartland Natural Cereal will seem strangely familiar. As if you've tasted it sometime, someplace, long ago. As if, somehow, it's part of your past. Because it is. Pet Incorporated has reached back, beyond today's complicated, artificial times, to bring back a taste rich in the natural goodness Americans enjoyed long ago. Heartland has no artificial preservatives. Natural protein from natural grain. And three deliciously toasted natural flavors. Plain. Raisin. And Coconut. No cooking. None at all. You just add milk. And you can't help liking it. Because you have a natural taste for Heartland.



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FAMILY FOOD IDEAS

continued

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flour mixture. Drop by tablespoonfuls into ½-inch hot cooking oil (375°) in heavy skillet. Fry till golden on one side, about 1 minute; turn with fork. Cook remaining side about 1 minute more. Drain on paper toweling. Sprinkle generously with sugar; serve warm. Makes 16.

SALSA VERDE FOR UOVA
(Green Sauce for Eggs)

2 cups lightly packed parsley
1 small clove garlic, chopped
2 anchovy fillets
2 eggs
1 tablespoon vinegar
½ teaspoon salt
Dash pepper
1 tablespoon milk
6 hard-cooked eggs, halved

In blender container, combine all ingredients *except* hard-cooked eggs. Cover; blend till smooth, 30 to 60 seconds. Pour into small saucepan. Cook and stir over low heat till thick, about 5 minutes. Serve over hard-cooked eggs. Makes about ⅔ cup sauce.

SALSA VERDE FOR POMODORI
(Green Sauce for Tomatoes)

1½ cups lightly packed Italian parsley (flat leaf)
¼ cup soft bread crumbs
2 tablespoons wine vinegar
2 tablespoons tomato paste
¼ cup salad oil
4 anchovy fillets, chopped
1 hard-cooked egg yolk
1 clove garlic, minced
8 large cherry tomatoes or 7 Italian tomatoes, chilled
Mayonnaise or salad dressing

Finely chop parsley in blender container; add bread crumbs, vinegar, tomato paste, 2 tablespoons of the oil, the anchovy fillets, egg yolk, and garlic.

Cover and blend till nearly smooth. Slowly add remaining oil through opening in lid (or hold lid ajar) blending till thickened and smooth. Cut tops off tomatoes; scoop out pulp. Fill with sauce. Top with a little mayonnaise. Garnish with capers, if desired. Serve on lettuce-lined platter. Makes ¾ cup sauce.

SALSA VERDE FOR PEPPERONI
(Green Sauce for Peppers)

1 cup lightly packed parsley
½ cup salad oil
1 2-ounce can anchovy fillets, drained, rinsed, and patted dry
1 hard-cooked egg
½ cup drained tuna (water pack)
1 tablespoon vinegar
1 clove garlic
¾ teaspoon dried basil, crushed
¼ teaspoon salt
2 dashes cayenne
Dash pepper
Green or red bell peppers*

Chop parsley in blender container. Add ¼ cup oil and remaining ingredients *except* peppers; cover. Blend well, stopping often to push mixture into blades with spatula. Gradually add remaining ¼ cup oil through center opening in lid (or hold lid ajar), blending constantly. Serve over warm peppers. Makes 1 cup sauce.

*To prepare peppers: Place whole peppers in shallow baking pan; add ½ inch water. Bake in 350° oven for about 20 minutes. Remove and peel; cut in strips.

BAGNA CAUDA SPREAD

3 cloves garlic, sliced
2 2-ounce cans anchovy fillets, drained
1 tablespoon cooking oil
2 tablespoons butter or margarine
Green or red bell peppers*

Simmer garlic in water to cover for 3 minutes; drain. Rinse anchovies in cold water; pat dry with paper toweling. Place anchovies and garlic in small skillet. Add oil; cook, mashing anchovies and garlic with back of wooden spoon till like a paste. Add butter or margarine. Simmer 1 minute. Spread over pieces of green or red sweet bell peppers. Bake in 350° oven for 10 minutes.

*To prepare peppers: Place whole peppers in shallow baking pan; add ½ inch water to pan. Bake in 350° oven about 20 minutes; when partially cooked, remove and peel; cut in pieces.

INSALATA RUSSO
(Russian Salad)

3 hard-cooked eggs
1¼ cups sliced cooked carrot
1 cup diced cooked potato
1 8-ounce can peas
1 6½- or 7-ounce can tuna drained and flaked
2 tablespoons salad oil
2 tablespoons wine vinegar
½ teaspoon salt
⅛ teaspoon pepper
¼ cup mayonnaise or salad dressing
⅓ cup mayonnaise or salad dressing
Parsley

Dice 2 eggs and yolk of third; cut third egg white into strips. Set aside. Combine diced egg, 1 cup of the carrots, potato, peas, and tuna. Sprinkle with oil, vinegar, salt, and pepper. Blend in the ¼ cup mayonnaise. Press mixture into 4-cup bowl. Chill. Turn out onto serving platter. Spread remaining mayonnaise over mold. Garnish with reserved carrot, egg white, and parsley. Makes 8 to 10 antipasto servings.

Help him remember his mother's baked beans and he'll never forget yours.



There are some things a man never forgets. Like the great taste of those baked beans his mother used to make...and all the trouble she went to getting them that way. That thick, rich, dark brown sugar sauce. That chunk of pork. Those hours of baking in the oven. They were really a meal in themselves.

B&M costs a little more because they're made the same way. With thick, rich, dark brown sugar sauce that's been really baked into every bean for hours and hours in real brick ovens. Heat up a can of B&M baked beans. They won't bring back the good old days. But they will give him a little taste of them.

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FAMILY FOOD IDEAS

to
ɔse home
rtainment
ls

HI-FI EQUIPMENT

audio market offers a riety of stereo high-fi nt for the home enter- center. Happily, there's system for every budget ry listening need. The figuring out which of tems is best for you. By little homework before the store, you'll greatly he chances of choosing

rst thing the salesperson ably ask you is whether nterested in a compact nent system.

quipment in a compact s already matched. The are separate, but the hanger (turntable) and mplifier fit on the same me compacts include a listening to AM or FM both. Because the manu- has already matched the or you, a compact elimi- e burden of balancing components.

onent systems are trick- create the sound system everything separately— two-channel amplifier, tever you want as your urce: a record changer, tuner, a reel-to-reel tape eight-track tape deck, or deck. Or instead of buy- amplifier and separate y a receiver combining ne chassis.

actors—your budget and ening habits—will help rmine which kind of sys- est for you. Audio ex- ree that separate com- make the best sound but they're also the most e. If all you want is oc- mood or background hen there's no reason to sophisticated compo- Many well-designed com- on the market that pro- od listening at popular

u're a real music lover 00 or more to spend, then nts are definitely the (Most audio experts we said that a good com- system *begins* at $300. perior sound systems can thousands of dollars.)

les offer still another al- to a compact or compo- em. Some consoles house electronic equipment. re merely fancy facades e shoddy equipment in- d

Potatoes—plain and fancy

Nothing squares a meal like potatoes. And French's offers many tempting ways to serve them—all quick and delicious. For easy oven casseroles, try French's scalloped or au gratin potatoes. And count on French's famous instant mashed potatoes anytime. Tastes really great smothered in gravy. Such as any of French's eight Gravy Makins flavors.

FAMILY FOOD IDEAS



Right at home with good home cooking.

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These Ore-Ida Onion Ringers™ taste as good as they look.





They give you plenty of true, sweet onion flavor. And they have a thin coating of batter, so they cook up extra crisp and crunchy right in your oven.

Try a bag or box of Ore-Ida Onion Ringers. Enjoy some real good eatin' from Boise.

Look. Ore-Ida Onion Ringers are formed into perfect circles. And they stay that way. Don't fall apart in the package. Or on your plate.

Taste. Ore-Ida Onion Ringers are made with fresh chopped onions.



Good eatin' from Boise.

GOLDEN CHEESE RINGS

1 package (7 ounces) or 12 frozen Ore-Ida Onion Ringers™
4 teaspoons butter or margarine
4 teaspoons all-purpose flour
Dash salt
¾ cup milk
¾ cup shredded sharp Cheddar cheese
Grated Parmesan cheese

1. Prepare Onion Ringers according to package directions.

2. Meanwhile, in small saucepan, melt butter; blend in flour and salt. Add milk; cook, stirring constantly, until sauce becomes thickened and smooth. Remove from heat; add cheese and stir to melt.

3. Make a mock "patty shell" by stacking 3 hot Onion Ringers on plate; sprinkle with grated Parmesan, then spoon on Cheddar cheese sauce.

YIELD: 4 servings.

continued

How to choose home entertainment units

side. Remember: when y a stereo console unit you only buying a stereo syste a piece of furniture as we worth the extra money?

No matter what kind of you decide on, you'll be yourself a favor by famil yourself with audio produ terminology before ventu a store.

Turntables

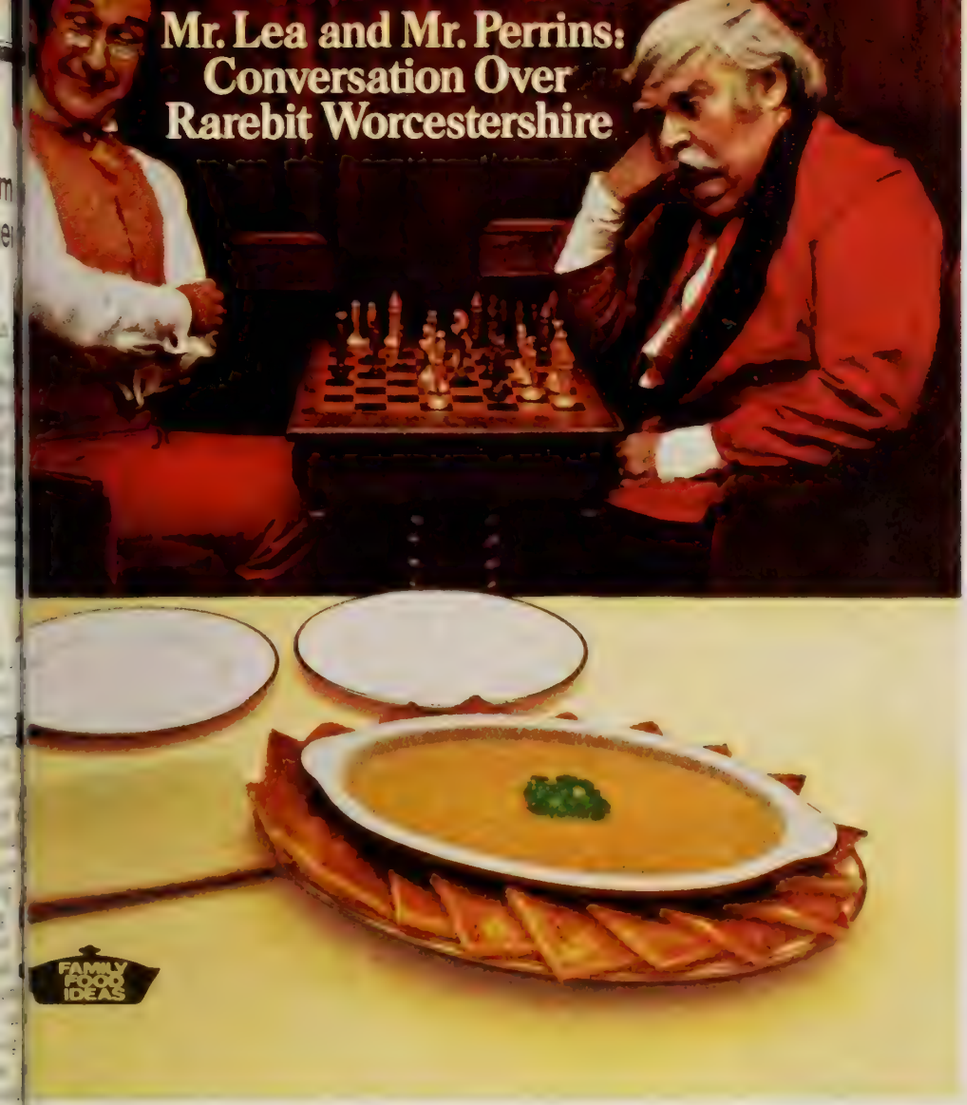
Accurate balance is a a turntable. Look for a speed automatic record c Also, make sure the turnta a sliding weight control. T vice allows you to adj weight of the tone arm t uneven record and needl The arm should also have skating device to help records from skipping.

Many models have a control which permits raise and lower the arm part of the record acc and without scratching. looking at turntables, each one carefully while motion. Check to see if eration is smooth, and loo record changer that handl carefully.

Choose the stylus with care, too. There a types: the traditional s stylus, and the newer e one. The latter usually r better to high audio freq You can buy a needle r diamond or sapphire. A d needle costs more, but las er, and it's the only kind a in the elliptical shape.

Receivers

As mentioned before, receivers combine an a and a tuner (AM/FM r one unit. A receiver takes space and usually costs l the two purchased sep Good receivers usually tween $200 and $700. looking at receivers, pa tion to their rms watt ings. The average room r to 20 watts per channel system has two channels, raphonic unit has four, monaural system has on erally, a higher power (wattage) gives you a b production of sound and tortion. Even more wa needed if your room is la high ceilings, and if you ers aren't very efficien



Mr. Lea: Checkmate, old man! Now for a delectable supper of Quick Cheese Rarebit, laced through with our perfect Worcestershire.

Mr. Perrins: Amazing how it makes so many economy meals taste luxurious.

Mr. Lea: Indeed! Which is why prudent cooks use its unique, subtle flavor to enhance dishes like Beef and Noodle Strata.

Mr. Perrins: Mr. Lea, your knowledge of our Worcestershire is as impeccable as your chess.

QUICK CHEESE RAREBIT
In saucepan blend 2 (11 oz) cans condensed Cheddar cheese soup, ⅓ c flat beer and 2 tsp Lea & Perrins Worcestershire Sauce. Heat, stirring constantly. Serve over toast points and/or grilled ham. Serves 6

BEEF AND NOODLE STRATA
Saute 1½ lb ground beef. Stir in 1 Tbsp Lea & Perrins Worcestershire Sauce and ¾ tsp salt. Place 3 cups cooked noodles in 2-qt casserole. Spoon meat over noodles. Top with 2 more cups noodles. Blend 2 (10¾ oz) cans condensed vegetable soup, ¾ cup water and 1 Tbsp Lea & Perrins; pour over all. Cover; bake in 350° oven 30 minutes. Serves 8

TOMATO-SHIRRED EGGS
Combine 1 lb can tomatoes, drained and crushed; 2 Tbsp chopped parsley; 1 Tbsp Lea & Perrins Worcestershire Sauce and ½ tsp salt. Place in 10x6x2-inch casserole. Form 6 wells; place 1 egg into each well. Sprinkle with 1 Tbsp grated Parmesan and ¼ tsp salt. Bake in 375° oven 10-15 minutes. Serve with bacon. Serves 4-6



Lea & Perrins. The people who know their sauces.
For free recipe book, write Lea & Perrins, Dept. BC, Fair Lawn, N.J. 07410

again, be sure to ask your dealer for rms (continuous) power ratings. There are other ratings for stereo receivers (IPP and IHF, for instance), but they aren't as meaningful. If your salesperson tells you a receiver has 80 watts, be sure to ask, "What *kind* of watts?" If you've been given an IPP rating, convert this figure to rms wattage by multiplying by 0.05. (To convert an IHF rating to rms, multiply by 0.7.)

Loudspeakers

Personal taste is your best guide to loudspeaker selection. You can spend anywhere from $30 to $500 for just one speaker (you need two for a stereo system), and the best bet is to listen to different speakers in different price ranges. To make comparisons bring one of your favorite records to the store and listen to it from different speakers. Many stores provide special rooms for making speaker comparisons.

Loudspeaker cabinets come in all sizes and shapes, and many are attractively designed to match your decor. Actually, there are several speakers inside one speaker cabinet. The large one is called a *woofer*. Its function is to reproduce low frequencies such as those of bass viol or tuba. The smallest speaker is called a *tweeter*, and it handles high (treble) frequencies. Some speakers have a midrange speaker for handling the notes between treble and bass.

Be sure to match your speakers with the receiver you have, or plan to buy. It's important that the amplifier have enough rms power to drive the speakers. If it doesn't, you'll wind up with an unmatched system with a poor sound. (If you're buying a compact system you don't have to worry about this because the speakers are already matched with the amplifier.)

Headphones are a good investment if you're planning to put your stereo in the same room as the family television, or if you just don't want to bother others around you. Never listen through headphones at high volume levels; you can severely damage your hearing.

Four-channel sound

You've probably heard about four-channel, or quadraphonic sound. But what is it? Basically, quadraphonic sound is an improvement on stereo (two-channel) sound, just as stereo was a big improvement on monaural (one channel) sound. With four channels instead of two, you're provided with greater listening depth.

At this time, four-channel sound is fairly expensive, and the audio industry hasn't agreed on a standardized format for producing equipment yet. There are two different recording systems for quadraphonic sound: one is called *discrete*, and the other *matrix*. With discrete, each of four speakers is fed a different sound through its own amplifier. With matrix, sounds for two different channels are mixed together, then "decoded" to produce sound for four channels. Extra equipment (speakers, amplifiers, etc.) are needed for both matrix and discrete systems. There's a lot of argument about which system is best, but most hard-core audiophiles we've talked to give discrete the edge. Since quadraphonic is still in its infancy, it might be best to wait awhile before investing a lot of money into four-channel equipment.

TAPES

The growing popularity of cartridge and cassette tape systems is a result of their relatively low price, ease of operation, and compact size. Many stereo units come with built-in tape systems, and most stereo receivers have an input jack for reel-to-reel tape decks, and eight-track (cartridge), and cassette players.

Keep in mind that a tape deck is capable of recording and playing back. A tape player only plays back. Most hi-fi enthusiasts still prefer the more expensive open-reel (manually threaded) systems because they offer extremely good performance and flexibility for recording and producing special effects. However, the selection of recordings for open-reel systems is rather scant at the present time.

Eight-track cartridges offer the widest selection of taped music, but they're also the least practical as a recording medium. Cassette players come the closest to offering quality and recording flexibility of open-reel systems, and they're definitely the answer if space is a problem.

When you're ready to buy, choose an audio dealer carefully. A good one will be happy to spend time with you, answer all your questions (often in great detail), and let you listen to different models to your heart's content. It's a good idea to tell the dealer everything you can about your listening habits, the room you plan to put your hi-fi equip-

continued



Fill up the family cooky jar!

Crunchy Jumble Cookies

So good 'n so easy to make
with Kellogg's Rice Krispies and
Nestlé's Semi-Sweet Chocolate Morsels.

- 1¼ cups regular all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup regular margarine or butter, softened
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2 cups KELLOGG'S® RICE KRISPIES® cereal
- 1 6-oz. pkg. (1 cup) NESTLÉ'S® SEMI-SWEET CHOCOLATE MORSELS
- 1 cup seedless raisins (optional)

1. Sift together flour, soda, and salt. Set aside.

2. Measure margarine and sugar into large mixing bowl; beat until well-blended and smooth. Add egg and vanilla; beat well. Add sifted dry ingredients; mix until combined. Stir in Rice Krispies cereal, Semi-Sweet Chocolate Morsels and raisins. Drop by level measuring-tablespoon onto lightly greased baking sheets.

FAMILY FOOD IDEAS

3. Bake in moderate oven (350° F.) about 12 minutes or until lightly browned. Remove immediately from baking sheets; cool on wire racks.

Yield: about 3½ dozen Crunchy Jumble Cookies, 2½" in diameter.



continued

How to choose home entertainment units

ment in, and—of course—your price requirements. This way your dealer will be better equipped to help you select a system that matches your needs. Many dealers are willing to let you "trade up" the equipment you buy at a later date. Be sure to ask about this.

Also ask about the warranty. Find out whether it covers labor and parts. Check on whether the dealer will fix your equipment if it should need repair work, or if you'll have to send it back to the manufacturer.

For handy reference regarding maintenance, it's a good idea to keep the instruction manual that comes with your stereo. Sometimes you can correct a minor operating error with just a simple adjustment. Never open the inside of a system. It's dangerous, and can invalidate your warranty.

TELEVISION

In deciding what type of television to buy, consider where you'll be using your new set. If you plan to install it in your living room or family room, look for a color console. For a limited viewing area, such as the kitchen, den, porch, or patio, the amount of money you plan on spending will determine whether you should invest in a color or black-and-white portable.

The increasing use of transistorized, or solid-state elements, in color television should help cut down the costs of high repair bills in the long run. Transistors have a longer life than the small tubes traditionally used in television receivers. There is no heat emission from transistors, so viewers can forget about burned out tubes. The only tube is the picture tube.

Since color television incorporates highly complex circuitry, many manufacturers have condensed the color receiver into a modular system of snap-in circuit boards. If a solid-state set develops a problem, the serviceman can spot the trouble section more quickly and repair it in your home by removing the faulty unit and replacing it with a new one.

This helps you save on costly service charges for transporting the set to the repair shop, and on high labor charges for fixing it. Also, the new set construction requires about half the electricity needed by a tube set of similar size.

Ease of operation is another plus of larger new color s Some models offer a single-fu tion feature which automatica adjusts color, tint, brightness, a contrast. Separate tint and co controls are available on cert models. Improvements in automatic circuits allow you switch channels without upsett the quality of the picture. T single-button tuning feature a built-in mechanism wh maintains the adjustment thro channel and program changes electronically matching incom color signals with the ideal tuning position on your set.

On some sets, the installer justs the fine tuning for you, usually your set will not req additional tuning corrections a long time.

When selecting your new set, look for performance qua by observing at least two set operation at the same ti Switch to several channels make sure the color doesn't h to be compensated for each t you select new program mate The picture should be bri clear, and steady. Whether choose a console or porta make sure the cabinet is well signed and sturdy. Observe quality of the trim. Control tons should be easy to reach operate. Table and portable with telescoping antennas sh be durable and provide h quality reception. Listen to volume and tone of the te sion's speaker. Front-mou speakers are the best since sound moves in a direct pat toward the viewer.

Government and industry ing and safeguards have sig cantly reduced the radiation tential from television recei However, older color sets c still present a radiation haz If you have an older set, i good idea to observe the si ten-foot viewing distance To really play it safe, have set checked by a qualified vision technician.

Compare models, prices, g antees, and dealers before buy. Often several stores c the same model with diffe cabinet finishes. Prices will from store to store, too. Y probably see color TV sales vertised in your area. Look the best buy, but don't be i enced by price alone.

Guarantees are as impo to compare as TV performa Many manufacturers now offering better guarantees cover both parts and labor. vice contracts can also be chased from dealers on a y basis.

Seek out a reputable and able dealer who will be ab provide competent and h

continued

Blue Bonnet or butter?

European cooking experts can't tell the difference.

Here's a money-saving coupon to help you do your own tests.

We sent Blue Bonnet® Margarine to Europe where chefs, food editors and gourmets tested it against butter in exacting, side-by-side tests. In sauces, in cooking, in baking, the experts almost unanimously agreed: "No difference."

We don't think you'll be able to tell the difference, either. Use this money-saving coupon to get yourself a pound of Blue Bonnet Margarine. And prove to yourself, in any test you can devise, that Blue Bonnet truly tastes like butter. We know that once you try Blue Bonnet, you'll want to keep using it.

You're in good company testing Blue Bonnet against butter. And if you'd like the names of our European experts just drop a line to EXPERTS, Blue Bonnet Margarine, c/o Standard Brands, 625 Madison Avenue, New York, N.Y. 10022.



erything's better with ue Bonnet on it ♫

FAMILY FOOD IDEAS

STORE COUPON

10¢

Save 10¢

on any Blue Bonnet® Margarine

TO DEALER: Standard Brands will pay the face value plus usual handling charges, provided you and your customer have complied with the terms of this offer; any other application constitutes fraud. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Void if prohibited, taxed or restricted. Your customer must pay any sales tax. Cash value 1/20th of 1¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Redeem only through our representatives or by mailing to Standard Brands Incorporated at: P.O. Box 2062, Birmingham, Alabama 35201. Offer good only in U.S.A. This coupon expires on March 31, 1975. Offer limited to one coupon per pound.
TO HOMEMAKER: This coupon is good only on the product indicated. Any other use constitutes fraud.

3542

10¢

Another fine product of *Standard Brands*

STORE COUPON

3542

10¢



continued

How to choose home entertainment units

back-up service in case your set requires repairs after it's installed in your home. Some firms are reluctant to honor warranties once the set is sold. Look for a

local dealer known fo
his customers fairly, p
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RADIOS

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set is the safest kind of

The odd couple is a hot success.©

The avocado-potato sandwich is this year's sleeper. Believe it or not, the mellow, nutlike flavor of the California avocado gets together with the honest taste and texture of Ore-Ida shredded hash brown potatoes to make a sandwich something rather sensational. And this open-face is nutritious, too. With the looks and taste of time and money. Though it hardly takes any of either. Try it for lunch or a light supper.

California Avocado Open-face Sandwich

1 package Ore-Ida Shredded Hash Browns,
1 large ripe California avocado, peeled and sliced,
4 slices of American or Cheddar cheese, shredded,
3 tablespoons oil, salt and pepper,
1 large or 2 small tomatoes.

Heat oil in skillet; add hash browns. Fry until brown, turning carefully. Salt and pepper. Remove from skillet and place on broiler pan. Make layers of tomato and avocado strips on each pattie. Top with cheese. Place under broiler for 3 to 4 minutes, until cheese melts. Cut patties in half. Serve hot. Serves 4.



Another Odd Combination: Creamy California Avocado Clam Dip.

2 tablespoons lemon juice,
¼ cup dairy sour cream,
1 teaspoon Ore-Ida Fresh Frozen Chopped Onions,
¾ teaspoon salt, ½ teaspoon hot pepper sauce,
2 ripe California avocados, peeled and quartered,
1 can (7½ ounces) minced clams, drained,
1 package (16 ounces) frozen Ore-Ida Tater Tots®*

1. In covered electric blender, at low speed, blend all ingredients except clams and Tater Tots, just until smooth. With rubber spatula, stir in clams. 2. Spoon mixture into serving bowl; cover and refrigerate several hours to blend flavors. 3. At serving time, prepare Tater Tots according to package directions. Serve dip surrounded by Hot Tater Tots. YIELD: 2 cups dip. *May be prepared with Ore-Ida Tater Tots With Onions.

FOOD IDEAS



When they wrinkle up their noses at what's good for them...

give them what's good for them.

There are some things only a mother can love. Take liver and spinach. Both loaded with iron. So are Sunsweet® Prunes. Or take milk. Busting with vitamin A. Likewise—Sunsweet. Our able-bodied prunes also boast the B complex vitamins you get from whole grain wheat. And lots more.

Of course, we're not crazy enough to think everybody is crazy about prunes, either. But the odds are with you. Because Sunsweet Prunes taste sweet and satisfying like candy. Which everybody likes. Only, unlike candy, Sunsweet gets its sweet disposition from natural fruit sugar. And because more people eat Sunsweet than any other brand, our prunes are always nice and fresh on your grocer's shelf. Which means they're moist and tender, too.

So if your family is picky about certain foods, don't pick on them. Pick up a box of Sunsweet Prunes instead. Just don't let on you're giving them what's good for them.



Sunsweet® Prunes

Think of them as vitamins with wrinkles.

FAMILY FOOD IDEAS

FREE RECIPE BOOK: "THE CALIFORNIA GOURMET," FEATURING SUNSWEET PRUNES, SUN-MAID® RAISINS, AND BLUE RIBBON FIGS.
WRITE: RECIPE OFFER, SUNLAND MARKETING INC., P. O. BOX 2268, MENLO PARK, CA 94025.

Storage where there isn't space

Does the storage squeeze have you climbing the wall? Then try building *into* the wall. Here are three space-making examples.

This bathroom was a little too small for wall-hung shelving or cabinets. So instead of building out from the wall, the owners built a four-inch recessed cabinet into the wall. The new arrangement accommodates eight new shelves, each 30 inches wide. The



Photographs, Hedr

plywood shelves are hei justable to suit changing needs.

Two ¾-inch plywood seal the cabinet shut wit netic door latches. And outside of the doors there another space saver: fou racks, two on each doo bathroom towels conven both shower and sink are

Below, a little-used cl tween this master bedroo hall area now holds a



Architect: Joseph Hayer. Source: J

dresser. It's actually a made unit that fits right custom-tailored recess. T molding makes a trim fra tween the dresser and wal

The linen storage close



Interior Designer: Decora

is located in the recess sp above the dresser, but the doors open on the hallw instead of the bedroom. T tom of the cabinet rests dresser top. Decorativ molding frames the cabi gives the doors a son special look.

Choosing a self-cleaning oven

Only a few years ago, cleaning a messy oven headed the list of dreaded kitchen chores. Now, the task is rapidly becoming obsolete because of today's self-cleaning ovens.

When you go to the department or appliance stores to shop for one of these ovens, you'll encounter a salesman using words like "pyrolytic," "self-cleaning," and "continuous-clean." What do they mean? Which type oven is for you and your family? Here are the answers:

SELF-CLEANING OVENS

The technical name for these ovens is "pyrolytic." They have a separate high-heat cycle that reduces soil to a light ash. After a cool-down period, the ashes can be wiped up with a damp cloth. The temperature must be raised above 750 degrees, from 850 to 1,100 degrees; in the meantime the oven door is locked. The entire process, including the cool-down period, takes from 1½ to three hours, depending on the soil buildup. You set the amount of time necessary for this operation.

CARE

Self-cleaning ovens require no special care to prevent scratching the surfaces. You should wipe up heavy or sticky spills as they occur, however.

COST

The whole oven-cleaning operation will cost between eight cents and ten cents for power. The self-cleaning feature adds $60 to $120 to the cost of a regular oven.

ADVANTAGES

All six sides of the oven interior are cleaned completely during the high-heat cycle. The window, door, oven racks, rack supports, and reflector pans from the burners are also cleaned.

The extra insulation needed for the high-heat cleaning cycle results in a cooler kitchen, but reduces available oven space.

CONTINUOUS-CLEANING OVENS

In these ovens, spills are gradually reduced to a "presentably clean" condition on certain parts of the oven that have been treated with a porous material. In gas ovens, these surfaces include the oven walls, oven roof, oven doors, and broiler compartment. In electric ovens, the oven bottom is also treated.

The finish has a dark, grainy surface that helps break up grease splatters as they occur. As the spatters hit the oven, they spread out and disappear by evaporation and oxidation. Soil gradually is reduced during baking and broiling. However, if the oven is used almost exclusively for broiling, this short cooking time is usually not sufficient to clean the oven thoroughly. It is a good idea to alternate the two cycles—baking and broiling—to maintain a clean oven.

CARE

Never use any abrasive material, oven cleaner, or silicone coating in a continuous-cleaning oven. Use hot soapy water to clean oven racks, removable rack guides, and glass doors. Since the oven does not reduce starch or sugar spills, they must be wiped away with hot sudsy water. If you expect a casserole or pie to bubble over, protect the lower rack or oven floor with a piece of foil slightly larger than the dish. Electric ovens have a foil bottom liner that eliminates this problem.

COST

Since the oven cleans itself during normal baking and roasting operations, there is no extra cost for power. The continuous-cleaning feature adds $32 to $50 to the cost of a regular oven.

ADVANTAGES

Initial cost is lower for continuous-cleaning ovens than for self-cleaning ovens. Also, the continuous-cleaning oven is always available for cooking. The self-cleaning oven is not available for cooking during the 1½ to three hours it is operating at the high-heat cycle. The interior, except for those parts mentioned above, remains relatively clean at all times.

YOUR CHOICE

If you want a clean oven without having to lift a hand, you will prefer the self-cleaning type. If you want to avoid the big job of oven cleaning but don't mind scrubbing some parts occasionally with soap and water, the continuous-cleaning oven is for you.

We've been telling you to take the advice of a friend. Now we'd like you to listen to a stranger.

Nobody knows dishwashers — and reliability — like a repairman.

So it's not surprising that when an independent research firm asked repairmen which dishwasher performs best, needs least service, lasts longest, and is most reliable, KitchenAid was their number one choice. What's more, repairmen picked KitchenAid as the dishwasher they'd buy for themselves.

So, before you buy a dishwasher, talk to a KitchenAid owner. Then talk to a repairman.

And then you'll be ready to talk to your KitchenAid dealer. (He's listed in the Yellow Pages.) Or write KitchenAid, Dept. 4DC-3, Troy, Ohio 45374.



KitchenAid.® Built better. Not cheaper.

Dishwashers • Trash Compactors • Disposers • Hot-water Dispensers

By Pat Jester

Three dinners that won't bruise a budget



MENU
Liver 'n Apple Skillet
Hot Cooked Noodles
Buttered Broccoli
Whole Wheat Bread **Butter**
Butterscotch Pudding **Sugar Cookies**
Beverage

LIVER 'N APPLE SKILLET

For tenderness and best flavor, cook liver just till it's pale pink in the center—

5 tablespoons butter or margarine
1 cup chopped onion
1 medium apple, pared, cored, and sliced (1 cup)
1 pound beef liver, thinly sliced
¼ cup all-purpose flour
½ teaspoon salt
Dash pepper
• • •
1 beef bouillon cube
½ teaspoon worcestershire sauce
1 cup water
1 tablespoon all-purpose flour
2 tablespoons cold water
• • •
Hot cooked noodles

Melt 2 tablespoons of the butter or margarine in skillet; add onion and apple. Cook till tender-crisp, about 3 to 5 minutes; remove from skillet. Coat liver with the ¼ cup flour, the salt, and pepper. Melt remaining butter in same skillet. Add liver; cook till browned, about 3 to 4 minutes on each side. Transfer liver to warm platter. Add bouillon cube, worcestershire sauce, and the 1 cup water to skillet. Cook and stir till cube melts. Blend remaining flour and remaining water. Stir into bouillon mixture. Cook, stirring constantly, till mixture thickens and bubbles. Add liver, onion, and apple; heat through. Serve over noodles. Garnish with additional apple slices and parsley sprigs, if desired. Makes 4 servings.



MENU
Orange and Banana Fruit Cup
Surprise Dumpling Stew
Creamy Coleslaw
Chocolate Cake
Beverage

SURPRISE DUMPLING STEW

Chili-seasoned ground beef is tucked inside each cornmeal dumpling—

16 ounces (2½ cups) dry pinto beans
2½ quarts water
¼ pound salt pork, diced (1 cup)
1 cup chopped onion
1 clove garlic, minced
1 teaspoon salt
Dash pepper
½ pound ground beef
¼ cup chopped onion
1 tablespoon chili powder
¼ teaspoon salt
Dash pepper
1 recipe Cornmeal Dumplings

Rinse beans; place in Dutch oven. Add water. Bring to boiling and simmer 2 minutes; remove from heat. Cover; let stand 1 hour. (Or, add beans to cold water; soak overnight.) Do not drain. Add salt pork, the 1 cup chopped onion, the garlic, the 1 teaspoon salt, and the first dash pepper to the beans. Cover and simmer for 3 hours or till tender. In skillet, cook ground beef and remaining onion till meat is browned and onion is tender. Drain off excess fat. Season with chili powder, the ¼ teaspoon salt, and remaining pepper. Cool.

To make Cornmeal Dumplings: Spoon 1 cup liquid from beans. Cool slightly. In bowl, combine 1½ cups yellow cornmeal, ¾ cup all-purpose flour, 2 teaspoons baking powder, 1 teaspoon salt, and 1 teaspoon sugar. Add the 1 cup bean liquid, stirring constantly, till well mixed. Divide mixture into 16 portions. With lightly floured hands, shape each portion around a teaspoon of meat filling to form a ball. Stir any remaining meat filling into beans. Drop dumplings into simmering beans. Cover tightly; cook 30 minutes. Serve in bowls. Makes 6 to 8 servings.



Buying information, page 136 Photographs: Di

MENU
Minute Steak Toss
Fluffy Hot Cooked Rice
Molded Mandarin Orange Salad
Toasty French Bread
Cherry Crisp
Beverage

MINUTE STEAK TOSS

Have the meatman run the steaks throu the tenderizer only once to help reta their shape—

1 tablespoon cornstarch
2 tablespoons soy sauce
1 teaspoon worcestershire sauce
½ teaspoon lemon-flavored pepper seasoning
½ cup cold water
1 pound beef cube steaks, cut in ½-inch strips
• • •
2 carrots, cut in julienne strips (about 1 cup)
2 tablespoons cooking oil
1 green pepper, cut in strips
1 tablespoon soy sauce
10 cherry tomatoes, halved
Hot cooked rice

In bowl, combine cornstarch, the 2 tab spoons soy sauce, the worcestershire, le on-flavored pepper seasoning, and wat blend till smooth. Add meat, stirring coat. Cover; let stand at room tempe ture for 1 hour, stirring once or twi Drain well, reserving marinade. In skil cook meat and carrots in hot oil, stirr constantly, about 5 to 6 minutes. Pu meat and carrots to one side; add gre pepper. Cook and stir 2 or 3 minutes mo Add enough water to reserved marinade make 1 cup. Add to mixture in skillet alo with remaining soy sauce. Cook and till thickened and bubbly. Stir in tomato heat through, about 1 minute. Serve o bed of fluffy hot cooked rice. Makes servings.


Your lemon pie's so luscious. Should the glasses be spotty?
Get the Cascade look... virtually spotless.
Look–even clean water lets spots form.
Your guests will compliment you on your pie! But what about your glasses? You don't want spots at a time like this, or any time.
The spotty glass shows how plain water alone can leave dulling spots. So it's good to know that Cascade's sheeting action fights drops that spot ...gives your guests glasses with the Cascade look!
Cascade
for AUTOMATIC DISHWASHERS
Cascade fights drops that spot.
But Cascade in your dishwasher gets dishes virtually spotless.

Early Tomato

...ear's tomato the Wayahead, often ripening big, red tomatoes by July 4th, ...ed at the Jung farms in ... obtain a trial packet of this tomato by sending 10¢ to the Jung Seed Co., Box 81, Randolph, Wis. 53956. They will not only send you this tomato seed but also a packet of glorious Super Giant Zinnias and a copy of their 67th catalog, America's most colorful 1974 seed catalog.

WRIGHT'S Bar-B-Q Smoke

Old fashioned hickory smoke flavor for meat, fish or poultry



Wright's Smoke Co., 2900 Oak Kansas City Mo 64108



FOR THE HOME GARDENER

Save money on your food budget! This professional kit lets you produce the best garden at the least expense. Makes 20 tests for soil nutrients—nitrogen, phosphorous, potash and acidity. Tells you what to do to produce more! Includes complete instructions, test tubes and handy plastic case.

OUR GUARANTEE: Money back if not completely satisfied

How To Order

1. Specify No. 13939 Home Gardening Kit, $6.95 each; 2 for $12.95
2. Please include postage and handling: 75¢ for one, $1.00 for two or more
3. Send name, address, order and remittance to:

Better Homes and Gardens
Dept. 2CK, Box 374
Des Moines, Iowa 50336

Great New Skillet Dinner Idea!

Crunchy Onion Hamburger

Take 1 can Durkee O&C real French Fried onions; 1 lb. ground beef; 1 pkg. (1 oz.) onion gravy mix; ¼ tsp. garlic salt; 1½ cups water; ⅓ cup rice, uncooked; 1 pkg. (10 oz.) frozen peas; 1 can (5 oz.) water chestnuts (optional).

Brown ground beef and pour off drippings. Blend in gravy mix, garlic salt, water and uncooked rice. Bring to boil. Then reduce heat to low. Cover and simmer 15 minutes. Stir in thawed peas and water chestnuts. Continue to simmer until rice is tender. Stir in onions. Serve with soy sauce. Serves 4-6



How to plant and care for roses



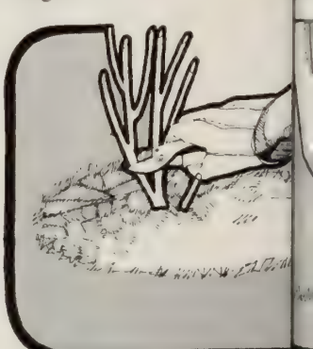
Roses should be planted as soon as possible after you receive them. If you have to delay the planting for a few days, leave on moisture-tight packaging and set plants in a cool, dark spot. The day before you plant, remove the wrapping. Soak roots in a pail of water overnight.



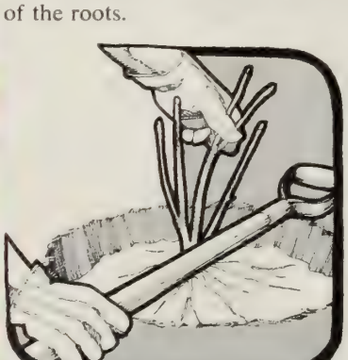
Be sure roots fan down sid... soil cone. Fill in almost to gr... level with loose soil, then ... with water. Let the water so... then refill it. Joggle plant to ... soil and release air bubbl... level of plant sinks, pull ... lightly to bring knob to ... height.



Check the roots carefully and cut off any broken or dead tissue. Don't break roots by hand; use sharp pruners. While you dig the hole, put rose aside and cover roots with moist burlap. Dig hole wide enough and deep enough to accommodate the natural spread of the roots.



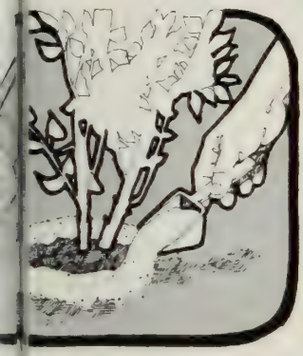
Add rest of soil to fill hole, ... down. Prune canes to six or ... inches on hybrid teas and gr... floras, four to six inches on ... bundas. Make cuts about ¼ ... above strong, outside buds ... move any thin stems at gr... level. Mound with soil unt... rose leafs out.



Set plant on raised cone of soil in center of hole. Fill in or remove soil from under roots until grafting knob is one inch below ground level if you live in a cold area, or just above it in a mild area. Lay your spade handle across rim of the hole to check planting depth.



Use a dormant spray of lim... fur after spring pruning as ... tective fungicide. Apply ... roses leaf out. In late sprin... summer, dust or spray w... multipurpose rose chemical ... you detect signs of insect ... ease trouble. Follow man... turer's directions.



a balanced plant food to
n roses when new shoots
x inches long, and then
ly until August. Feed one-
loomers only in spring. Ap-
od evenly in bands circling
lant, using amount recom-
d on the package. Soak soil
ou add food.



d to ensure the largest
s on hybrid teas. Use a
ng, twisting motion to
off small lateral buds. Re-
g small buds throws all
g strength into topmost
/hen cutting teas for indoor
ake cut just above the top
aflet leaf.



live where temperatures
elow zero, give roses win-
otection. Circle each rose
collar of heavy waterproof
or roll roofing. Fill with
l of compost or leaves.
spring, remove winter pro-
from established roses.
ck to green, live wood.

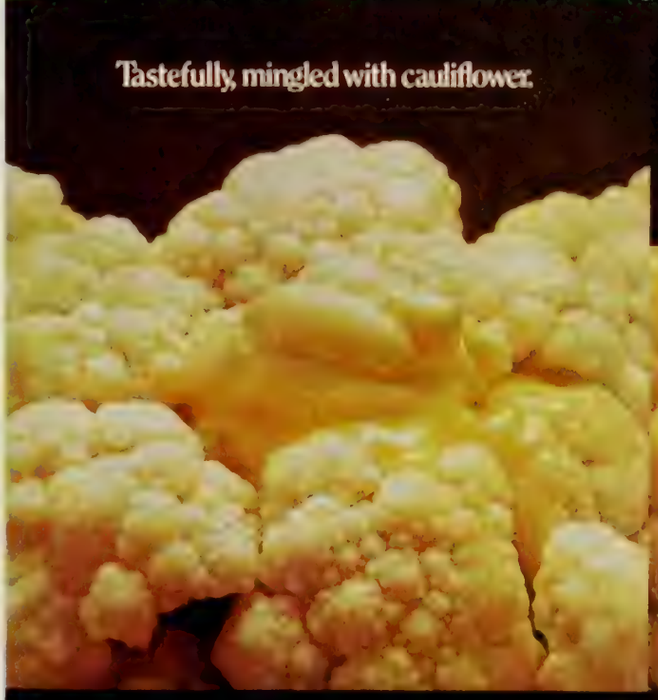
Let Parkay speak to you delicately on broccoli.



Let it speak to you smoothly in beans.



Tastefully, mingled with cauliflower.



Sweetly, melted over corn.



Softly, spread over bread.



KRAFT
Division of
Kraftco Corporation



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"If your home is being invaded by pests, check us out with a neighbor or friend. Then give us a call. We're in the Yellow Pages."

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The Nationwide Termite and Pest Control Experts.

Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

HE COOKS
Page 22 (right): Rectangular Basket, F. O. Merz & Company, Inc., 100-110 N. 63rd St., Philadelphia, Pa. 19139.

REMODELING: HOW TO MAKE A GOOD HOUSE BETTER
Page 55 (left photo): Custom sofa—Skewes Furniture & Interiors, 211 Broadway E., Seattle, Wash. 98102. Rocker—Thonet, 1 Park Ave., N.Y., N.Y. 10016. Chairs—Herman Miller, Inc., 140 McKinley St., Zeeland, Mich. 49464. (Right photo): Couches—Brandrude, 1000 Fairview N., Seattle, Wash. 98109. Rocker—Thonet, 1 Park Ave., N.Y., N.Y. 10016. Stairway carpet—Firth Carpet Co., Div. of Mahasco Industries, 57 Lyon, Amsterdam, N.Y. 12010.
Page 56 (left photo): Carpet—Firth Carpet Co., Div. of Mahasco Industries, 57 Lyon, Amsterdam, N.Y. 12016. (Right photo): Carpet—Century Carpet Mills, 2211 S. Davie, Los Angeles, Calif. 90040. Bedspread—Cannon Mills, Inc., 1271 Ave. of the Americas, N.Y., N.Y. 10020.
Page 58 (left photo): Carpet—Lees Carpets, Valley Forge Industrial Park, Norristown, Pa. 10018. Lavatory—American Standard, 40 W. 40th St., N.Y., N.Y. 10018. Counter tops—Parkwood Laminates, Inc., Industrial Ave., Lowell, Md. 01853. (Middle photo): Carpet—Lees Carpets, Valley Forge Industrial Park, Norristown, Pa. 19401. Couch—Herman Miller, Inc., 140 McKinley St., Zeeland, Mich. 49464. Armchairs and coffee table—Knoll International, 320 Park Ave., N.Y., N.Y. 10022. Hanging lamp—Howard Miller, 860 E. Main St., Zeeland, Mich. 49464.

MAKING A PLACE FOR TELEVISION AND SOUND
Page 66 (top). Tape player and AM/FM radio—Admiral Corp., 3800 Cortland St., Chicago, Ill. 60647. (Bottom): Portable phonograph/radio—RCA Corp., 600 N. Sherman Dr., Indianapolis, Ind. 46201.
Page 67 (top left): Television—Philco-Ford Corp., Blue Bell, Pa. 19422. Drapery fabric "Marimekko"—Design Research, Inc., 2 Campanelli Dr., Braintree, Mass. 02185. (Top right): Phonograph tape components—Hitachi Sales Corp. of America, 48-50 34th St., Long Island City, N.Y. 11101. (Bottom left and right): Tape deck—AKAI America, Ltd., 2139-E. Del Amo Blvd., Compton, Calif. 90220.
Page 68 (top left) Stereo components—Panasonic, Pan Am Bldg., 200 Park Ave., N.Y., N.Y. 10017. (Top right): Television—Sony Corp. of America, 47-47 Van Dam St., Long Island City, N.Y. 11101. (Bottom left): Stereo components—Zenith Radio Corp., 1900 N. Austin Ave., Chicago, Ill. 60639.
Page 69 (top left): Stereo FM/AM radio, phonograph, 8-track tape player—Magnavox Company, 345 Park Ave., N.Y., N.Y. 10017. Lamp—Chapman Mfg. Co., 481 W. Main St., Avon, Mass. 02322. (Top right): Television—Sylvania Inc., 730 Third Ave., N.Y., N.Y. 10017. (Bottom left): Television—General Electric, Portsmouth, Va. 23705. Floor covering—Congoleum Industries, Inc., 195 Belgrove Dr., Kearny, N.J. 07032.

MEDITERRANEAN REVISITED
Page 78 (top): Chair—Drexel Furniture Co., Drexel, N.C. 28619. (Bottom): Cocktail table—Polyform Corp. of America, 205 Lexington Ave., N.Y., N.Y. 10022. Carpet—Karastan Rug Mills, 919 Third Ave., N.Y., N.Y. 10022.
Page 79 (left): Window fabric—Medico Fabrics, I. Medoff Co., 245 Railroad St., Woonsocket, R.I. 02895. Trim on window treatment—Conso Products Inc., 27 W. 23rd St., N.Y., N.Y. 10010. Etagère—Gotham Plastics, 1150 Broadway, N.Y., N.Y. 10001.
Page 80: Armoire—American of Martinsville, Martinsville, Va. 24112. Sofa, upholstered and armchairs, cocktail and pedestal tables—Henredon Furniture Ind., Inc., Morganton, N.C. 28655. Dining chair—Thomasville Furniture Ind., Inc., P.O. 339, Thomasville, N.C. 27360. Table lamp—Tyndale, Inc., 230 Fifth Ave., N.Y., N.Y. 10001. Floor lamp—George Kovacs, Inc., 831 Madison Ave., N.Y., N.Y. 10001. Picture—J. C. Penney Company, Inc., 1301 Avenue of the Americas, N.Y., N.Y. 10019.
Page 81 (top): Headboard and armoire—Bassett Furniture Ind., Bassett, Va. 24055. Tables and chair—O-Asian Designs Inc., 5921 S. Western Ave., Los Angeles, Calif. 90047. Floor matting—Alison T. Seymour, 5423 W. Marginal Way, S.W., Seattle, Wash. 98166. Lamps—Sunset Lamp Corp., 2118 E. 7th Pl., Los Angeles, Calif. 90021. (Bottom): Cocktail table—Henredon Furniture Ind., Inc., Morganton, N.C. 28655. Flooring—American Olean Tile Co., Lansdale, Pa. 19446. Light fixture—Sears, Roebuck & Co., 925 S. Homan Ave., Chicago, Ill. 60607. Light stands—Tyndale, Inc., 230 Fifth Ave., N.Y., N.Y. 10001.
Page 82: Room divider and wing chair—American of Martinsville, Martinsville, Va. 24112. Table—Henredon Furniture Ind., Inc., Morganton, N.C. 28655. Desk chair—Otto Gerdau Company, 192 Lexington Ave., N.Y., N.Y. 10016. Carpet—Trend Mills, Inc., P.O. Box 162, Rome, Ga. 30161. Floor lamp—George Kovacs, Inc., 230 Fifth Ave., N.Y., N.Y. 10001. Table lamp—Tyndale, Inc., 230 Fifth Ave., N.Y., N.Y. 10001.
Page 83 (left): Table and chairs—Drexel Furniture Co., Drexel, N.C. 28619. Floor lamp—Robert Sonneman Associates, Inc., 37-50 57th St., Woodside, N.Y. 11377. Hurricane lamps—Chapman Mfg. Co., 481 W. Main St., Avon, Mass. 02322. (Right): Chair—Henredon Furniture Ind., Inc., Morganton, N.C. 28655. Table—Thomasville Furniture Ind., Inc., P.O. Box 339, Thomasville, N.C. 27360. Lamp—Chapman Mfg. Co., 481 W. Main St., Avon, Mass. 02322.
We would like to credit the following individuals and/or concerns for lending us the items listed below:
Page 78 (bottom): Metal giraffes—Jimmie Crone, 3652 River Oaks Dr., New Orleans, La. 70114. Maison Blanche, 901 Canal St., New Orleans, La. 70112: **Page 78** (top): Etagère, (Bottom): Cocktail table, lamp shades, bowl and tray on cocktail table. **Page 79** (left): Etagère, dishes, wine rack and glasses. (Right): Chandelier.

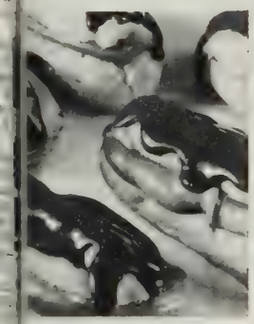
PRIZE TESTED RECIPES
Page 105 (right): Serving bowl—Franciscan by INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Salad plate—Franciscan "Renaissance."
Page 106 (top left): Salad plate—Lenox, Inc., Prince & Meade, Trenton, N.J. 08605. (Top right): Salad plates—Independence Ironstone & Glass, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.

THREE DINNERS THAT WON'T BRUISE A BUDGET
Page 132 (left): Platter—Crate & Barrel, 1510 N. Wells St., Chicago, Ill. 60610. (Middle): Soup bowl, plate "Romany"—Denby, 4688 Paddock Rd., Cincinnati, Ohio 45229. Glass—Libbey Glass Co., 405 Madison Ave., Toledo, Ohio 43604. (Right): Square frypan—Columbian Enameling & Stamping Co., Inc., Div. of General Housewares Corp., P.O. Box 4066, Terre Haute, Ind. 47804. Wooden salt and peppers "Olde Thompson"—The Geo. S. Thompson Corp., Div. of Leeds Engineering Corp., 366 Coral Circle, El Segundo, Calif. 90245. Plates "Yuma"—Independence Stoneware, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.

STEP-BY-STEP TO CHOCOLATE ECLAIRS
Page 137 (middle): Pan—The West Bend Co., 400 Washington St., West Bend, Wisc. 53095.

CHICKEN DINNERS FOR ALL OCCASIONS
Page 150 (col. 2): Stemmed glass "Madeira"—Franciscan, INTERPACE Corp. 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (Col. 3): White Casserole—Corning Glass Works, Corning, N.Y. 14830. Dinner plates "Casa Blanca"—Mikasa, 25 Enterprise Ave., Secacus, N.J. 07094. (Col. 4) Oval Platter—Franciscan, INTERPACE CORP., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.

by step ocolate is



HOCOLATE ECLAIRS

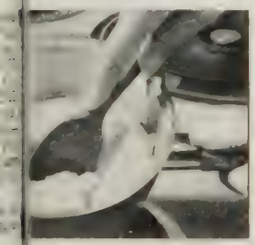
nake luscious ome—

r or margarine
g water
pose flour
salt

ocolate Custard

ocolate Glaze

utter or margarine in er. Add flour and salt stir vigorously. Cook mixture forms a ball t separate. Remove



cool slightly. Add a time, beating well addition. Pipe dough pastry tube or paper g 4x¾-inch strips, on aking sheet. Bake in 15 minutes, then in for 25 minutes. Cool on rack. Cut off tops remove soft centers. serving, fill each with Custard Filling. Drizth Chocolate Glaze.



Chocolate Custard

nbine 1 cup sugar, 2 all-purpose flour, 2 cornstarch, and ½ lt. Gradually stir in 3 lk and two 1-ounce sweetened chocolate, cut up. Cook and stir till bubbly; cook and stir 2 to 3 minutes longer. Stir a moderate amount of hot mixture into 2 slightly beaten egg yolks; return to hot mixture. Cook and stir just till mixture boils. Add 2 teaspoons vanilla; cool. Beat smooth. Whip ½ cup whipping cream to soft peaks. Fold into custard.

To make Chocolate Glaze: Melt one 1-ounce square unsweetened chocolate and 1 tablespoon butter over very low heat. Stir in 1 cup sifted powdered sugar and 2 to 3 tablespoons milk, blending till smooth and of drizzling consistency.

Some little-known facts about wood explain why the living is easy.

A whole new way to build is bringing a better life to thousands in America.

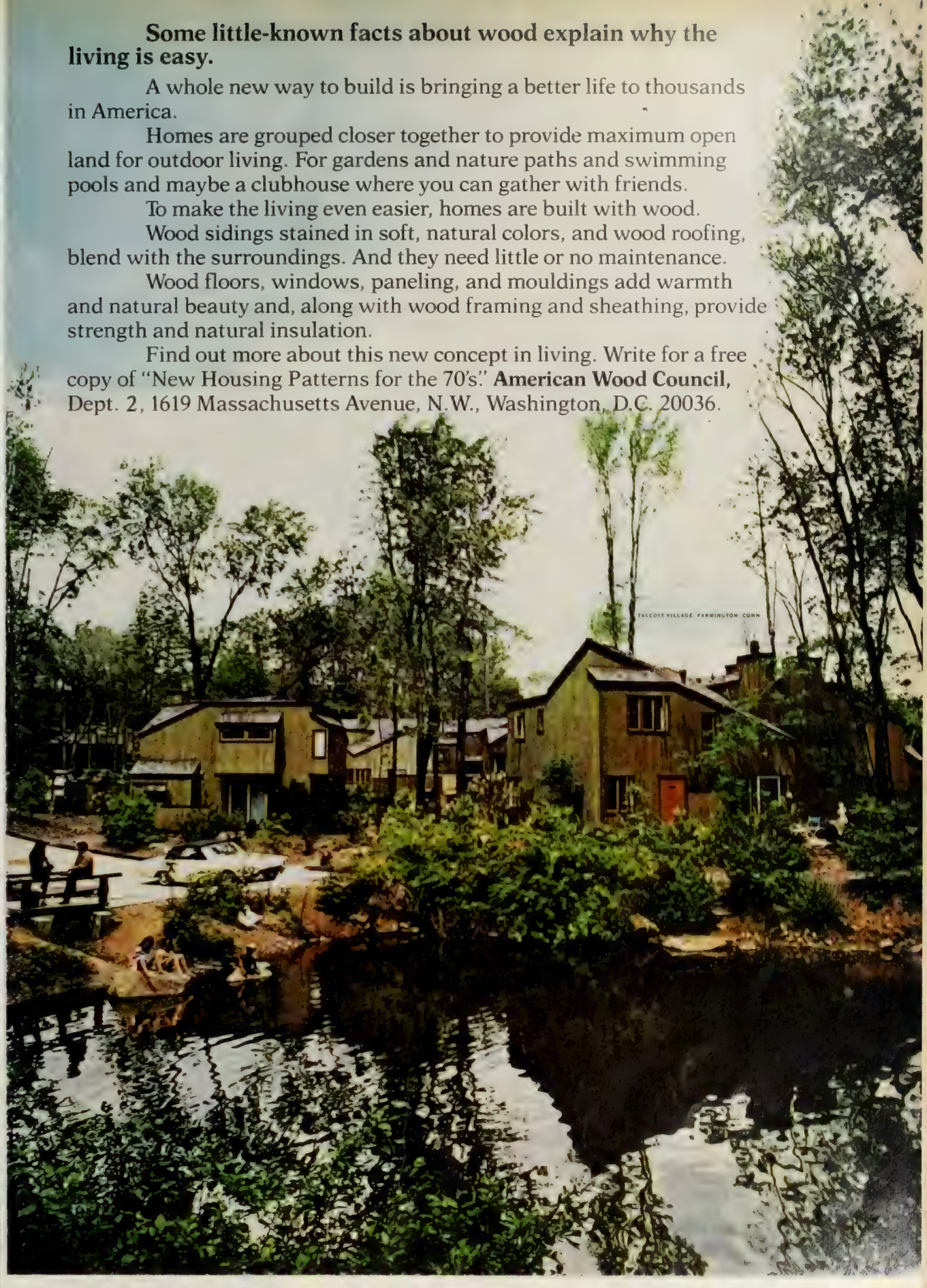
Homes are grouped closer together to provide maximum open land for outdoor living. For gardens and nature paths and swimming pools and maybe a clubhouse where you can gather with friends.

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Photographs: John Lewis Stage, Gordon G. Greer, Jean Anderson

"STAY-PUT" VACATIONS: THE SMART WAY TO SEE EUROPE

Gordon G. Greer

he high popularity of skip-nd trips to Europe—tours give you a glimpse of four ntries in two weeks, say—is f that for hundreds of thou-ls of travelers, this is the pre-d way to go. Fine and dandy. "stay-put" vacations, with the opposite aim—to let you e down snugly in one place truly savor it—have attracted owing number of advocates, and the arguments for their ce are compelling.

onsider, for instance, the leman in the photograph ve. By renting an Irish cottage little town called Corofin, re cows are more abundant tourists, he has first of all ped the throngs of summer-visitors that can make wan-ng around Europe in that sea-such a hassle. His luggage re-es packing and unpacking once, transportation bothers 't intrude on his pleasure, and saving quite a tidy sum of ey. Compare the sky-high es that prevail these days in ope, particularly in big-city ist hotels, to the cost of hol-up in one of these cozy Irish ages, which you can now rent ny of 13 small villages not from Shannon Airport. (For ils about all of them, plus rvation forms, write to Rent-an-Irish Cottage, Shannon Free Airport Office, 590 Fifth Avenue, New York, New York 10036, and mark your letter to the attention of Kitty Hurley.) A six-person family can stay here a week for $104 in June and September, or $124.80 in midsummer. During Ireland's off-season, October through March, the price drops to an astonishing $46.80, which, mind you, is a week's tariff for the whole cottage, not per person. And since each cottage is equipped with a complete, modern kitchen (plus nice touches like a thatched roof and a peat-burning fireplace), you can stretch your dollars further by cooking your own meals and avoiding high restaurant bills.

That gentleman in the photograph seems totally relaxed, doesn't he? His holiday won't leave him with a case of jangled nerves, so common among skip-around tourists. If that happens to be an American newspaper he's reading, it's probably a week old (one of the virtues of remote villages), and the latest crisis it announces has undoubtedly been weathered without his having to lose a minute's sleep over it. When he's finished with the paper, he can glory in the setting, which is a peaceful, unpolluted feast for the eyes (there's a lovely, sparkling lake just off the photo to the right), or maybe he'll stroll down and join the locals at the pub, or catch up on the latest goings-on around town from the woman who sells the groceries.

To be sure, if he devotes his whole vacation time to Corofin, there's a lot he'll miss doing in Ireland. He won't kiss the Blarney stone, or see the Book of Kells in Dublin, or travel by horseback through the Gap of Dunloe. But he'll learn at least as much about what makes Ireland tick by joining a real community on a temporary basis, hanging around the natives, making friends, swapping stories, and absorbing more completely than quick-stop tourists can the genuine tang of the place.

Other countries, too, now offer "stay-put" digs for tourists. Chalets in Switzerland, old monasteries in Spain, Scandinavian farmhouses, villas in France—there's something that can match almost every taste and pocketbook in almost every European nation. If you need guidance in what's available, and how to find it, read on.





The 23 *pousadas* that are scattered across Portugal, operated by the government as model provincial inns that double as showcases for regional food and crafts, include, among a number of architectural landmarks, towering, ancient castles that have served as royal palace This one is Pousada do Castelo in Obidos, a fortified city whose retaine medieval flavor accounts for its appeal to vacationers.

Government-run digs on the Iberian peninsula—*pousadas* in Portugal and *paradors* in Spain—are among the most popular accommodations in Europe, and for the very best of reasons. They include a slew of unique lodgings (ancient landmarks, in many cases) that are stunningly appealing in their architecture and setting, totally authentic in their regional decor and food, and equipped with the most desirable of the civilized comforts, but are nonetheless inexpensive. Never intended primarily to make money, they serve the double function of model provincial inns and showcase-museums whose modernization hasn't marred their original ambience.

Portugal's *pousadas,* now 23 in number and scattered from one end of the country to the other, run the gamut from medieval castles that were once royal palaces (Pousada do Castelo, in Óbidos, for example, and Pousada da Rainha Santa Isabel, in Estremoz, where a large double room with a four-poster bed, handcrafted furniture, and original art on the wall is priced at just over $13 a night) to a reconverted monastery where you sleep in former monks' cells (Pousada dos Lóios, in Évora, where a double room with bath goes for $8.50 a night) to a handsome modern spread, about a dozen years old, perched on a seawall pounded by the ocean on Europe's southwesternmost tip (Pousada do Infante, in Sagres, which offers full room and board for only $16.50 per couple). A complete list of *pousadas,* plus their prices and addresses—you can write to any one of them directly for reservations—is available on request from Carlos Lameiro, Casa de Portugal, 570 Fifth Avenue, New York, New York 10036. But get hopping if you'd like to stay in a *pousada* this summer. Most of them are small—seldom more than a dozen guest rooms—and so popular that in the months of June through September stays are often limited to five days.

The *paradors* of Spain—57 at latest count, ranging from the ancient to the luxurious ultramodern—provide an even more extensive choice.

In Córdoba, for instance, the National Parador La Arruzafa offers most of the diversions of an elegant resort—swimming pool, tennis courts, shops, hillside gardens, marble-floored lobbies, spacious bedrooms with stocked iceboxes—for as little as $12 a night per couple.

In Toledo, where the genius of El Greco was nurtured, the new National Parador Conde de Orgaz (whose attractive double rooms run less than $10 a night) looks out over the city from a roost across the river where the perspective is as dramatic as El Greco put on canvas.

In Jaén, the National Parador of Santa Catalina offers seven double rooms (from about $10 a night) beside the hilltop ruins of an 11th-century castle with extraordinary vistas of the city in one direction and of the Andalusian mountains in the other.

On the Costa del Sol, the tourist mecca in southern Spain along the sun-drenched Mediterranean Sea, two choices are the National Parador del Golf, near Malaga, where a walk across the fairway of an 18-hole golf course takes you from the swimming pool to a broad, sandy beach, and the National Parador Nerja, in the town of that name, whose landscaped terraces stand high above the sea, with access to the beach via elevator. Both *paradors* are modern and functional in design (Nerja's is more attractive, but it doesn't have a golf course), and both have 38 comfortable double rooms that run about $10 a night (full board adds about $8.50 per person).



On a bluff overlooking a long sweep of gentle beach, this modern *pousada* in the little town of Sagres stands within only a few hundred yards of Europe's southwesternmost tip.

And in Granada, the charming National Parador San Francisco, a former Franciscan friary nestled in the storied Alhambra Gardens, contains 20 double rooms (from about $12 a night) surrounded by flowered patios and panoramic views of what is surely one of the most visually exciting cities on earth ("Give the beggar an extra coin, my dear; consider the pity of being blind in Granada").

Besides *paradors,* the Spanish government runs other accommodations: *refugios* (mountain shelters in some of the country's prettiest settings), *albergues* (wayside inns conveniently placed near main highways), and the Atlantico Hotel, in Cádiz. For further information about any of these assorted lodgings, you can write to the Spanish National Tourist Office, 589 Fifth Avenue, New York, New York 10017.

Holiday villages, though strewn all over Europe, are particularl abundant in the Scandinavia countries, where they're typicall situated in idyllic locations, in th mountains, by the sea, or on river. Clusters of lodgings con parable to American lakesid cabins, they're essentially rusti retreats. Fishing, swimmin basking in the midnight sun— that's the sort of thing you'r prone to do here. Evening ente tainment ranges from boat trip in the twilight to folk music an dancing around a bonfire.

A few villages have luxurie like saunas and TV, but mor frequently facilities are Spartar bunk beds, well water, a bath room out back. An electric kitch enette is customarily include and sometimes a private beach o maybe a rowboat.

In Finland, which lays clair to having the area's lowest price a holiday-village cottage that ac commodates four people wi usually run between $40 and $6 a week, depending on the seasor





ish *paradors*, the equivalent of Portuguese *pousadas* in their appeal cationers with good taste but low budgets, run the gamut from the nt to the luxurious ultramodern, sometimes achieving an inspired blend of the two—as at this one, the National Parador of Santa Catalina, in the Andalusian town of Jaén, where 20th-century comforts and an 11th-century castle share awesome mountaintop views.



k in the middle of the Costa del Sol, the National dor Nerja has it all: a view of the Mediterranean, a swimming pool, gardens, and a gorgeous beach accessible via elevator.

ocale, and how it's furnished hough the poshest spots may ge twice that amount. In the iboring countries of Norway, len, and Denmark, the cost similar cottages is slightly er.

arms that welcome tourists abound in Scandinavia, and re an absolute delight for ity children, no matter her from Stockholm or Chi-. You can either stay in an uilding and cook your own ls or, more typically, become xtension of the farmer's own ly, joining them at the din-able, sleeping under the same , helping with the chores like ing the livestock if you want, maybe accompanying your s on a horseback excursion nearby lake or fjord.

enmark, with close to 2,000 beds for visitors, has estab-d some useful ground rules this type of operation, and r Scandinavian countries are ing them. Any place you visit, for instance, will be a real working farm—not just something fashioned to lure tourists. Also, no Danish farm takes more than eight guests at once, lest the atmosphere of friendly informality be lost. And at least one resident of every farm that plays host to Americans will have the English language under control.

If you elect to sleep in the farmhouse and eat all three meals each day there, you can figure on about $8 a day for each adult, half that for any children in your family under age 4, and a 25 percent discount for other kids under 12. Lop off another dollar if you opt for the demi-pension plan, which provides you with breakfast and either lunch or dinner—two meals instead of three, in case you plan to explore the vicinity and won't be around the farm every mealtime. If you choose to stay in an outbuilding and do your own cooking, the price for your whole family for a week's accommodation will run somewhere between $45 and $85, based on the size of your lodgings and the amenities.

Other low-cost choices in the Scandinavian countries include rustic log cabins (10,000 of them just in Sweden) that cost a four-person family an average of $50 a week; a boathouse on Norway's Karmøy island; more than 400 deserted farmsteads in the secluded Setesdal valley, each one accommodating from five to 12 people and rented, fully equipped, for as little as $30 a week; and primitive wooden dwellings that lie north of the Arctic Circle and are occupied by cod fishermen from January through March but rented out to tourists during the time of the midnight sun.

Castles, manor houses, and country homes, though costlier, still often rank as inexpensive in Scandinavia. Sweden's Tullgarn Castle, for instance, which dates from the Middle Ages and has served as a royal residence, charges adults only $13 a day, all three meals included. And at Gylleby, an ancient manor house overlooking Fryken Lake, the per-person rate per day is a modest $12 for visitors who stay there a minimum of five days—and again that tariff covers all three meals.

For more information about lodging in Scandinavia, you can write to the National Tourist Office of the country (or countries) you find most enticing. They share information offices in both New York and Los Angeles, so you can send your request, including relevant particulars, to whichever lies nearest your home: Scandinavian National Tourist Offices, Dept. GGG, 505 Fifth Avenue, New York, N.Y. 10017 or 3600 Wilshire Boulevard, Los Angeles, California 90010.

Villas and chateaux, the most elegant "stay-put" spots, are usually rented through an international agency that tries to match a family's particular needs to the listing of available homes. The wider the selection, and the more careful the matching, the greater an agency's success.

Among the oldest and most reputable operations of this type is an outfit by the name of At Home Abroad, Inc. (Suite 1903, 136 East 57th Street, New York, New York 10022, Attention: Mrs. Jean Wollan), which rents 3,000 properties in a dozen different countries for rates that climb from $700 a month to a lofty $15,000. Color photographs and a detailed fact sheet are prepared for each villa, and you're welcome to examine the whole batch free of charge by visiting At Home Abroad's office. Or the staff will go through them and mail you a selection, based on what you tell them about the kind of place you're seeking, for a registration fee of $25. All the accommodations are fully furnished and equipped, there's a minimum rental period of from two to four weeks, and reservations for the midsummer season in Europe should be made several months in advance, like right now. The villas are principally located in the most popular resort areas of Italy, Portugal, Spain, and France, although England is also well covered.

Some examples of what's offered for how much? By all means.

How about a stone cottage in Tintagel, England, near the ruins of King Arthur's castle in Cornwall? The cottage dates from approximately 1650 and has old, oak-beamed ceilings and the original fireplace (containing a bake oven) but is otherwise cozily modernized. The two upstairs bedrooms can accommodate five people, and the weekly rent of $275 includes two bicycles and





In Evora, Portugal, at Pousada dos Loios, a converted Gothic monastery whose rooms were once monks' cells, a couple can retreat into the ambience of past ages—a mood heightened by the Roman ruins just outside the door—for only $8.50 a night for a double bedroom, modernized and equipped with a shower and bath; $7 additional per person buys three meals of authentic and delectable regional food.

the services of a charlady five days a week.

Or how about a lavish villa on the French Riviera? There's a dandy one just a few steps from the beach at Juan-les-Pins, which lies between the resort centers of Nice and Cannes. It has a pleasant garden patio, a large modern kitchen, nicely appointed rooms that can sleep 11 people—and a rental fee of $7,200 a month for either July or August.

Competing agencies operate in roughly the same way. Continental Villas, whose headquarters are in London, established a branch office in New York a couple years ago (Suite 19B, 227 East 57th Street, New York, New York 10022, Attention: Pamela Sweeting) and puts its primary emphasis on deluxe accommodations in southern European coastal areas—in France (with a listing of about 120 villas), Portugal (60), Spain (60), Italy (35), and the Greek island of Corfu (20). "Our villas are the best you can get," says their catalog, which includes colored photos of each of them plus all the pertinent facts and figures, and "possibly they are the most expensive." Thus warned, you'll be less likely to be floored by some of the prices—$2,550 *per week,* for example, for a ten-person villa near St. Tropez, France. Other rents, however, are a bit more down to earth. For the high-season weekly tab of $360, a couple could take a studio in St. Jean Cap Ferrat. Or for $240 they could enjoy a terraced villa in Albufeira, Portugal, that lacks nothing in the way of graciousness and is handy to a riding stable, tennis courts, the beach, and a golf course that's among the best in the Algarve.

European Villa Vacations (136 East 57th Street, New York, New York 10022, Attention: Louis O. Ihasz) rents villas, chateaux, and apartments in the most popular tourist areas of Portugal, Italy, France, Spain, England, and Greece. Among the offerings are a fine house for six people on Crete ($280 a week, on-season); a two-floor villa for eight people on Mallorca ($255 a week); a studio apartment for two in Marbella, Spain ($85 a week); and a cottage that sleeps four at an estate called Buckland Manor in England's charming Cotswold hills ($145 a week).

Two smaller agencies with good reputations are European Vacation Houses (300 Central Park West, New York, New York 10024, Attention: Joyce Sarner), which handles rentals of villas and two-bedroom apartments in Italy, France, Spain, Switzerland, England, and Yugoslavia for from $600 to $800 a month, on-season; and Rent Abroad, Inc. (300 Madison Avenue, New York, New York 10017, Attention: John J. Walsh), whose 300 properties, scattered in six countries—Portugal, Switzerland, France, Spain, Italy, and Yugoslavia—include villas from $500 to $15,000 monthly and apartments from $200 to $2,000.



Less than $5 per person per day is all it costs when half a dozen people—sometimes two families—split a month's rent for this Alpine chalet in ski-happy Villars, Switzerland.

Condominium apartments, rented out in their owners' absence, are increasingly being handled by specialized companies—for example, an organization called Condomart International (655 Madison Avenue, New York, New York 10021, Attention: Matt Schmitz), which includes in its worldwide directory of accommodations a number of condominiums in the French and Swiss Alps and along the Costa del Sol in Spain that are chic but not exorbitantly priced.

Described in the directory as "apartment-hotels," these condominium lodgings combine the elements of both—a kitchen where you can cook your own meal



ummertime lodgers at Alpine ski resorts like this condominium
llage in France called Flaine can swim, play tennis, ride
orses, climb mountains—and get off-season rates to boot.



This hilltop Spanish *parador* across the river from Toledo commands a perspective of that historic old town—now a national monument—as dramatic as El Greco put on canvas.



hese bungalows on Crete cost more than some "stay-put"
pots, but in how many big-city tourist hotels will a couple that
ays $22 a day get a private beach, breakfast, and dinner?

or example, but also daily maid ervice. There are restaurants, oo, in each Condomart complex or occasions when you prefer ating out.

The lodgings in the Alps, vhich serve as ski resorts in win- er, offer all sorts of summertime ctivities as well. Flaine, for ex- mple, a handsome resort-village ocated in the Haute Savoie re- ion of France, has tennis courts, swimming pool, archery, horse- ack riding, and, obviously, superb hiking in the mountains. Summer is of course the slow season in the Alps, and you're charged much lower prices then than skiers have to pay. Summer rates for a French "week" of six nights and seven days go from $127 for a two-person studio to $296 for a three-bedroom layout that can accommodate eight people comfortably.

Rates are even lower in some of the Spanish condominiums, despite the fact that summer is the on-season there. In Estepona, for example, you can stay at Kai-Alde, a high rise with balconied apartments overlooking the Mediterranean, for $7.50 a day for a two-person studio or $16 for an apartment with two bedrooms. And during the local off-season, October through May, these rates, low to begin with, are cut by more than half—to $3.15 and $6.80, respectively. Any way you look at it, the price is hard to beat, especially when you consider all the things on hand to do. There's a swimming pool and tennis court on the condominium grounds, lively night life in Marbella, about a half-hour drive away, a private beach on the Mediterranean within convenient walking distance, and quick access to the full spectrum of water activities, from sailing to fishing to scuba diving.

Gamonal, a condo-complex geared particularly to families, has its grand opening scheduled for early this spring near Torremolinos on Spain's Costa del Sol. It's the newest member of a large family of condominium resorts (44 high-rise buildings in all) along 54 miles of Mediterranean coastline, from Malaga west to Estepona, under the aegis of Sofico Vacations, Inc. (680 Fifth Avenue, New York, New York 10019, Attention: Peter D. Glover). Its spacious suites all have balconies and fully equipped kitchens, and there's a wealth of recreational facilities: 11 swimming pools (one indoors), saunas, a gymnasium, and courts for any sport you might fancy—from tennis to volleyball to basketball to handball to petanca (European bowling) to jai alai. There's even an outdoor amphitheater that doubles as a bullring, should you hanker for some matador lessons (using calves that, rest assured, are guaranteed to be "small and harmless"). Midseason rates (March 16 through June 30) are $10 a night for a one-bedroom suite. During the high season, July 1 through September 15, the same suite goes for $15—then returns to the midseason price through mid-October before the start of the low season (October 16 through March 15), when the lowest rates, $7, prevail.

Chalets, which are proliferating all over the Swiss Alps, where they make nearly perfect "stay-put" accommodations, are among several types of lodgings most frequently rented through local rather than international agents. If you visit a skiing village like Villars, for example—an excellent choice for families, whether in summer or winter—Mme. Edith Gabus, one of several local agents there, could show you a selection of attractive possibilities almost certain to include



At one end of the price scale for "stay-put" vacation digs, you can rent a seaside villa on the French Riviera; the monthly tab for this one during July and August is a cool $7,200. . . .



. . . Or, if your budget is a bit more restrictive, you can opt for a Spanish *parador;* double rooms go for about $12 a day in this converted old friary in Granada's Alhambra Gardens.

something a family would like.

"L'Epervier," for instance, is a marvelous chalet sometimes rented out to Jackie Stewart, the champion racing driver. It's big enough to accommodate a party of ten, has a fireplace in the living room, a fully equipped kitchen, striking furnishings and decor, an awesome view of the Alps, and a rate of about $1,290 a month—which is the minimum rental period.

Another choice in Villars is a chalet called "Pomme de Pin," with similar trappings but somewhat smaller, where half a dozen people would be charged a month's rent of about $774. Getting that many friends or a couple families to split the bill is of course a common way of making luxury digs affordable—and a fine chance, incidentally, to assure a good time by sharing it with people you enjoy.

But how do you learn the names of local real estate agents in time to make on-season bookings overseas—not only of chalets but of *pensions,* flats, houseboats, or whatever other properties they might handle? Through the recommendation of someone who has used them is probably the most reliable way, but otherwise you can simply drop a letter of inquiry to the National Tourist Office of the countries you'll be visiting. All of them have offices in midtown New York, and usually there are branches in other major American cities. What you'll get in response to your inquiry varies. Sometimes it's only a single mimeographed sheet listing names and addresses of agents in the homeland, most of whom have been screened by government inspectors to make sure their operations pass muster. But other countries will send you informative directories, complete with facts and figures and occasionally even photographs, about the variety of accommodations for visitors.

House swapping is of course the cheapest "stay-put" ploy of all. You make your home available to visitors from Europe who reciprocate by simultaneously turning their home over to you. No money changes hands in either direction. The biggest problem is to find the right family to swap with—particularly if your holiday plans lack flexibility or if you live where foreign tourists seldom go. But even if that situation complicates matters, "matchmaking" services like the Vacation Exchange Club (119 Fifth Avenue, New York, New York 10003, Attention: Mary De Baldo) can often put you on to a suitable party. Their basic operation is the essence of simplicity. For a fee of $12 you list your home with them and they include it in one of the two directories they publish each year—in the major directory that comes out in February or in the supplement that follows. The supplement is sent at no additional cost to everyone whose house has been listed. (Other people are charged $9 for the directories.) Then it's up to you to study the wide array of choices—thousands of them, literally, from all corners of the earth—and to initiate a correspondence with the owners of any houses that appear to suit your needs. After kicking things around through the mail for a while, families often decide to swap not only houses but cars and pets as well. By thus eliminating the need to rent a car while on vacation (and rental cars in Europe are by no means inexpensive) or to pay a substantial boarding fee to a kennel back home, they reduce the total expense of an overseas vacation to simply the cost of round trip transportation. And should you harbor any misgivings about strangers in your house, the Vacation Exchange Club is pleased to point out that since its founding in the early 1960s they've received no more than half a dozen letters of complaint, the most serious being a report about a kitchen that was left dirty.

Now then. No matter what type of lodgings you prefer, there are ground rules to adhere to in drawing up your plans. Some were mentioned earlier, but all of them bear repeating.

• First of all, start early. Many of the inexpensive and well-publicized "stay-put" spots—like the *paradors* in Spain, the *pousadas* in Portugal, and the Rent-an-Irish Cottages—are often booked solid several months in advance for the local on-season period. Of course, there's always a chance of no-shows or cancellations, in which case you might arrive unannounced and get a room, but certainly that isn't something you should count on. Far better to start making your inquiries right now, if you plan to visit Europe during the coming summer season, and to confirm your reservations with enough time to spare so that your journey isn't marred by any last-minute frenzy.

• Put all the pertinent data in your first letter of inquiry, whether to a real estate agent or a National Tourist Office, to avoid misunderstandings and delays. Tell how many people will be in your party (adults and children), where you'd like to stay, for how long, in which month, what kind of lodgings and amenities you want, and the approximate price range you're considering. There's no point in getting literature about villas in the south of France that rent for, say, $5,000 a month if you have a low-budget holiday in mind.

• Anticipate possible language problems. It simply isn't true that Europeans all speak English. Brochures and correspondence you receive from overseas—particularly from countries not yet flooded by American tourists—will often require translation. Consider them a harbinger of what you'll have to cope with if you decide to visit that country.

• Understand that for almost identical lodgings some countries are considerably less expensive than others. Prices are generally lowest now in Portugal and Spain, highest in France and Germany.

• Have the renter spell out carefully what's included in the price. Usually you're charged extra for any telephone calls, and if you stay in what the British term "self-catering" digs, as distinct from those places with a staff on hand to serve you, there may also be separate charges for electricity and linen—nominal but annoying if they catch you by surprise.

• Recognize that for a number of "stay-put" accommodations, a minimum rental period applies. Sometimes it's as little as three or four days, but a week is more typical, and two weeks or a month is not at all unusual. (Other places may impose a maximum rather than minimum time.)

• Do a little homework on the region you'll be visiting. Advance knowledge of what it offers will help you savor it more deeply. Most National Tourist Offices will be happy to supply you with free background information.

• Consider a package holiday. To the economy represented by "stay-put" accommodations, you could apply the further savings of reduced-rate group air fares and in the cost of renting a car overseas—a necessity if you plan on exploring the environs of an out-in-the-country home-away-from-home. A good travel agent can outline the available choices and will usually make your booking free of charge. ■



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625 Main St.

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11835 San Pablo Avenue

Eureka ..... Eureka Floor Co. Inc.
2385 Myrtle Ave.

Eureka ..... Majesty Int.
3080 So. Broadway

Fairfield ..... Jones Bros. Floor Covering
1730 N. Texas St.

Fremont ..... Floor City
37537 Glenmoor Dr.

Fresno ..... Kerr Rug Co.
4535 N. Blackstone Ave.

Fresno ..... Valley Linoleum
2636 E. Belmont

Hayward ..... Conklin Bros.
21732 Foothill Blvd.

Hayward .... Fashion Carpet & Linoleum
21222 Mission Blvd.

Hayward ..... Neil's Carpet Co.
95 Jackson St.

Hollister .... Black-Cooper Furniture Co.
648 San Benito St.

Lafayette ..... Blodgetts Linoleum
3291 Mt. Diablo Court

Live Oak ..... Dowd's Interiors
10165 Live Oak Blvd.

Lodi .... Merle Ray's Carpet & Interiors
11 S. Church

Lodi ..... Tokay Floor Coverings
8 N. Cherokee Lane

Lompoc ..... Lester's Carpet Sales & Service
401 North "E" St.

Lompoc ..... Paulin's Floor Covering
123 West Ocean Ave.

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5979 Lindhurst Ave.

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844 Santa Cruz Ave.

Mill Valley ..... Marin Floor Covering
19 Sunnyside Ave.

Modesto .... Clyde Jarrell Floor Covering
3430 McHenry

Modesto ..... Johnston Lowell Floor Cov.
3460 McHenry

Modesto ..... Stanislaus Floor Covering
628 Kearney St.

Mountain View ..... Circus Floors of Mt View
1064 W. El Camino

Mountain View ..... Rockwell & Willet Floor Covering
220 Castro St.

Napa ..... C & M Floor Covering
2530 Stockton St.

Oakland ..... Acme Linoleum
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Oakland .. Anderson Carpet & Linoleum
4101 Broadway

Oakland ..... Andrews Linoleum Co.
10323 MacArthur Blvd.

Oakland ..... Berkeley Floor Co
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Oakland ..... Conklin Bros.
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Oakland .... R. L. Hoyt Floor Cov. Inc.
1106 5th Ave.

Oakland ..... Tile Town
2525 Telegraph Ave.

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215 Hamilton Ave.

Paradise ..... Skyway Linoleum
6428 Skyway

Paso Robles ..... Custom Floor-Covering
544 12th St.

Petaluma ..... Friedman Bros.
17 E. Washington

Pittsburg ..... Bert Davi Floors
366 E. 10th Street

Placerville ..... Dawson's Floor Fashion Center
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Pleasanton ..... Pleasanton Floor Cov.
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2930 So. Market

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2737 El Camino

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12899 San Pablo Ave.

Richmond ..... Kenney's Floor Covering
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Richmond ..... Montgomery Ward & Co.
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2020 H. Street

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Sacramento ..... Cliffs Interiors
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Sacramento ..... "Ring Up Rivett"
2300 Broadway

Salinas ..... Monterey Co. Lino. & Cpt.
1215 South Main St.

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San Bruno ..... Okulove Floors
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San Carlos ..... Peninsula Floors Inc.
695 Industrial Way

San Carlos ..... Sterlings Carpet, Draperies, Vinyls, Wall Covering
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1125 Ocean Avenue

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470 Bayshore

San Francisco .... Golden Gate Linoleum
2862 Mission St.

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2598 Lombard

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1287—21 Ave.

San Jose .... Carpet & Lino. Plaza DBA Wayne's Linoleum & Shade Co.
1526 West San Carlos St.

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2314 Stevens Creek

San Jose ..... Floorcraft San Jose
344 Race Street

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363 Meridian Rd.

San Jose ..... S&G Carpet & Lino. Co.
598 So. First St.

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2640 Broad Street

San Luis Obispo .... James A. Quaglino Inc.
High & Santa Barbara Sts.

San Luis Obispo ..... Ryzner's Contract Furnishings
1103 Higuera St.

San Mateo ..... Circus Floors Inc.
116 East 25th Ave.

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435 DuBois

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122 Jacoby Street

Santa Clara ..... Priest Floor Co.
3088 El Camino Real

Santa Clara ..... West Coast Linoleum & Carpet Co
2360 El Camino Real

Santa Maria ..... Carpet Center
1539 South Broadway

Santa Maria ..... Fisher Floors
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Santa Maria ..... Walter's
116 E. Church

Santa Rosa ..... Conklin Bro.
505 B S

Santa Rosa ..... Grosman & Holly Floor Covering
2410 Magowan St.

Santa Rosa ..... Guanella Bro. Flr. Cov.
350 Roberts Ave.

Santa Rosa ..... Superior Bldg. Materials
3181 Cleveland Ave.

Seaside ..... Anderson's Floor & Wall Cover Inc.
1360 Fremont Blvd.

Shafter ..... Shafter Floorcoverings
537 Central Ave.

Sonora ..... Modern Floors
1910 Mono Way

Sonora ..... Summers Flooring Center
777 W. Stockton St.

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Turlock ..... Dons Floor Covering
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Vacaville ..... Chandler Furniture
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2122 N.E. Sandy Blvd.

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7303 N.E. Marx St.

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Rainier ..... Columbia River Floor Cov.
B St. East

Roseburg ..... Modern Floors "The House of Carpets"
1367 N.E. Stephens St.

Salem ..... A.B.C. Floor Covering, Inc.
1395 Commercial St. S.E.

Scappoose ..... White's Home Furnishings
Rt #1, Box 23, So. Hwy. 30

Tillamook ..... Brownies Floor Cov.
3317 3rd St.

Woodburn ..... Woodburn Floor Covering
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Auburn ..... Richards' Carpet
1000 Auburn Way So.

Centralia ..... Keen
1410 S

Chehalis ..... Blake
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1712 Rive

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Olympia ..... Patricks
3535 F

Olympia ..... Wall Build
6465

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205

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7842 159

Renton ..... McLendon
1020 Bro

Seattle ..... 1901 M

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7726

Seattle ..... Elite Shade an
2929 N

Seattle ..... The Gr
413

Sequim ..... Nix Bros. Cus
349 W.

Spokane ..... Garl
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Spokane ..... Linoleum
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Spokane ..... Northwest Flo
W. 5

Sumner ..... Taylor

Tacoma .... B. & I. Home I
8002 South T

Tacoma ..... 8701 D

Tacoma ..... Floor Cov
1007

Tacoma ..... Floor Decorat
F
73

Tacoma ..... Hull Fl
9602 So. T

Tacoma (Lakewood) ..... Fl
5503 Steila

Tacoma ..... Meyer Fl
8400 South T

Tacoma ..... Ste
5510

Vancouver ..... Studers Floo
171

Walla Walla ..... Garden
207 East

Walla Walla ..... Kurt's Deco
401

Walla Walla ..... Van Pet

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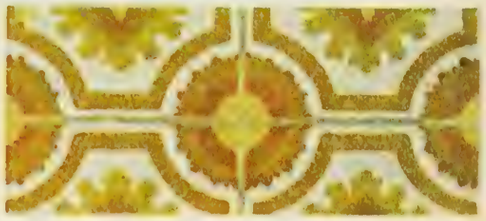


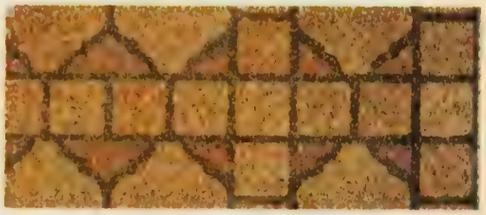
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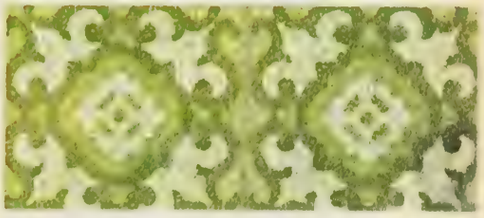
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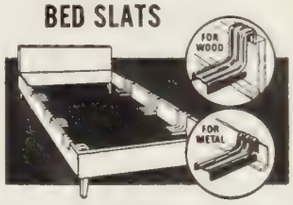
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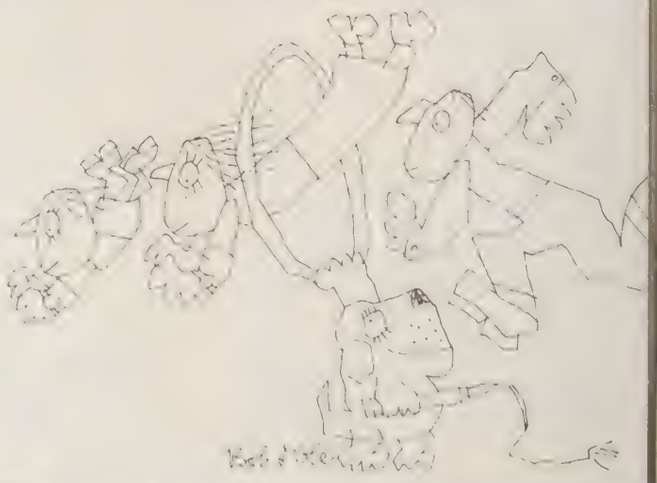
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Dogs are to be cared for, loved, and played with. They are to be walked with, hunted over, trained, exhibited, bragged about, chuckled at and, inevitably, mourned. Primarily they are to be enjoyed. But, between dog and owner there can be only one boss, and the choice is in the hands of the owner.

No one enjoys a tyrant—and no dog need be one—yet far too many dogs are just that. There is the poodle who must be muzzled, or even tranquilized before he can be groomed. There is the Pekingese who snarls and snaps at anyone who tries to pick him up, simply because he has discovered that he can get away with it.

There is the large dog—or small dog for that matter—who walks on leash as though he were a draft horse in a pulling contest. He is probably the most common offender. The moment the leash is snapped on and the front door is opened, he leans into his collar and literally hauls his owner down the sidewalk.

There is the dog who, knowingly and deliberately, breaks the house rules whenever he senses that he can get away with it. While no one is paying particular attention to him, he curls up on forbidden furniture, snitches food from the table or the kitchen counter, cleans out the cat's dish or, worse yet, litter box.

There is the nuisance barker, the jumper-upper, the manipulator who begs effectively at the table and who whines so piteously at being left alone that his soft-hearted owners never leave the house without him.

And there is the dog who habitually growls over his food or possessions.

None of these habits is pleasant to live with, and few of them are necessary. They can be forestalled in puppyhood so tha never develop at all or, developed, they can be cu all but a few genuinely ha cases. The mastery of ma dog is, in fact, very much in ing with the basic nature canine species.

Dogs—all breeds and and sizes of them—are pac mals. They always have be their wild state dogs exis packs that were built arou leader, the strongest ind among them. Domesticati changed dogs a great deal, has not altered this instin following the leader. The difference is that the domes dog attaches himself to a pack leader rather than a one. Two or more dogs w peaceably in the same hou because they are the pack owner is the leader.

The reason for the diffe in demonstrated affectio trainability between dog cats is that cats do not ha instinct for banding togeth adhering to a leader. Ca independent of one anot their wild state and are, fore, more independent o owners—although they ca affectionate as a dog i choose to. Young kittens affection toward human because the human is a figure. As the kitten matur dependence decreases and, the affectionate displays d

Dogs are different. The for a leader persists, bu turies of wild existence taught them not to entrust selves to weak leaders. The stantly test the strength of the determination—of the human who is in the posi leadership. In exactly the way a four-year-old chil his parents, a four-mo

continued on page 154

"I'm shocked, he likes it."

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TRAVEL WEST

Tony Swan, Western Travel Editor

An insider's guide to family vacations for readers who live in the Rocky Mountain territory or Far West

Indian resorts in the West

You may not sleep in a teepee, or see a tomahawk, war bonnet, or scalp, but you can find some of the most fascinating—and relaxing—vacation resorts in the West on Indian reservations. A growing number of tribes or confederations of tribes in the western states and Canada are now in the tourist business, with everything from ski resorts to a showplace convention center. Each offers a unique opportunity to meet native Americans face to face and gain some understanding of their culture—as well as sample some of the most spectacular scenery in North America.

The resorts on Indian lands, however, should not be thought of as a kind of sideshow where you can view comic-strip braves and squaws. Anyone who expects that will be disappointed. The resorts are a strictly business proposition, backed by the Economic Development Administration as a way to furnish jobs for the underemployed tribesmen. Although many of the resorts feature ceremonies and crafts that stress their cultural heritage, the Indian role in most is in service jobs. Hired professional hotel men operate the resorts, meanwhile training Indians to take over. And visitors should understand that even the best of the resorts are still feeling their way.

The most lavish of all the Indian resorts is Kah-nee-ta, a venture of the confederated tribes of the Warm Springs reservation at Warm Springs, Oregon, on the high plains east of the Cascades. Kah-nee-ta opened a new luxury hotel and convention center in mid-1972 that is already one of the most popular convention sites in the Northwest. The 110-unit lodge, designed to resemble an enormous arrowhead, perches on a mesa high above the canyon of the Warm Springs River. Each luxury room (doubles start at $24, suites at $35, summer rates) overlooks the view on one side and opens to a balcony leading to a heated swimming pool on the other. A nine-hole golf course flanks the riverbank; hiking and equestrian trails thread among the juniper and sagebrush; and fishing is said to be excellent in the Warm Springs River, the Deschutes River, and the nearby mountain lakes. Permits cost $1 per day, $5 per season.



Living in the lodge is a far cry from being on the trail with Sitting Bull. Each room is equipped with color television and its own computerized bar. The lobby soars three stories around a mammoth fireplace sculptured in Indian motifs. Opening off it are a padded-and-polished-wood lounge and the elegant Juniper dining room, where guests dine by candlelight on continental dishes and imported wines. Convention facilities, capable of handling up to 300, consist of four large meeting rooms equipped with closed-circuit TV and audio-visual equipment.

Kah-nee-ta Village, a mile downstream, is less elaborate. The family-oriented complex clusters around a historic natural hot spring, whose mineral waters spurt from the rocks at 145 degrees. Roman-style mineral baths are staffed by masseurs. An Olympic-sized swimming pool whose waters are an enervating 95 degrees, plus miniature golf and picnic facilities, attract children and day visitors. Lodging is in the two-bedroom kitchenette-equipped Nee-sha cottages that accommodate up to six ($22 per day) and one-bedroom motel units ($10).

There are also tent sites ($2) and trailer hookups ($3.50). And for $7.50, you can play Indian in a rented teepee with a rock firepit and space for ten sleeping bags. An ironic touch is that none of the Warm Springs tribes ever lived in teepees.

Like many of the Indian resorts, Kah-nee-ta's restaurants specialize in Indian recipes. The most famous fare of the three tribes is fresh Columbia River salmon baked outside over live coals, usually for a large group. The menu at the hotel's Appaloosa Room includes venison, chukar partridge baked in clay, and fresh huckleberries, picked by tribal members on the lower slopes of Mount Jefferson. A fixture at all meals, bitterly rooted in the Indian past, is "Indian fry bread," which originated in the first days of the reservation. Removed from their traditional fishing grounds, the tribes at first had no way to feed themselves. The government issued them rations of salt, lard, flour, bacon, and beans, none of which was familiar to Indian palates. The Indians learned to mix the flour, lard, and salt with water into a kind of dough that could be fried over an open fire. The restaurant version has been doctored for city tastes, so that its flavor and texture now resemble a breakfast cruller.

With the resort already a success, the confederated tribes now have plans to expand Kah-nee-ta further. Scheduled to be started within a year are 55 additional guest rooms, 20 more motel units, a nine-hole addition to the golf course, bringing it to 18 holes, two indoor and four outdoor tennis courts, a landing strip that will accommodate aircraft up to DC-3 size, an amphitheater, sauna and health club, and an archery range, along with 5,000 additional square feet of convention space.

For further information, write

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Kah-nee-ta Vacation Resort, Warm Springs, Oregon 97761.

Near Fort Duchesne, Utah, the Utes operate a lakeside resort. Bottle Hollow—named, according to local tradition, for the spot where frontier cavalry men discarded their liquor flasks before entering the fort. The resort specializes in trout fishing, boating, wild-river trips, and backpacking expeditions into the nearby Uintah Mountains. Bottle Hollow consists of a motel ($15-$21), 96 trailer-camper hookups, a restaurant, gift shop, and boat livery, where boats up to 18 feet are available for fishermen and water skiers. The fee for fishing for cutthroat, rainbow, and brook trout in Bottle Hollow Lake is $1.50 a day, $4.50 for the season.

Another Ute enterprise, Ute Trails and Rivers, is headquartered at the resort and books guided trips down the Green River and into the Uintahs. A 95-mile float trip on the Green, operated June through September, costs $180 for four days; its highlight is running the rapids of Desolation Canyon, once a hideout for outlaw Butch Cassidy. Fully equipped and guided pack trips into the mountains are popular with hunters. Cost is $700 per person for a one-week trip.

Bottle Hollow's architecture is striking. Constructed of poured concrete tinted with red sand to blend into the desert landscape, the main structure is in the shape of a stylized teepee. Indoors, the lobby, rooms, and even beds are hexagonal, in keeping with a traditional Ute motif. All of the interior furnishings at Bottle Hollow were manufactured by Ute-Fab, an award-winning furniture manufacturing firm operated by the Utes.

For further information, write Bottle Hollow Resort, P.O. Box 124, Fort Duchesne, Utah 84026.

One of two Indian-run ski resorts in the U.S. is Sunrise Ski Area, McNary, Arizona, where the White Mountain Apaches operate a 6,783-foot double chair lift and a family-type resort. Most runs are in the intermediate class, and lift rates are a moderate $6 a day. The chair lift runs year-round, carrying sightseers to the 10,700-foot summit in summer. Fourteen miles away, on the shore of Sunrise Lake, is the tribe's Sunrise Park Hotel, with view and terrace rooms ($21-$23), meeting space, a sauna and health club, and a restaurant featuring game dishes. The gift shop offers the famous Apache beadwork and basketry. Apache guides lead sportsmen into the thick adjacent forests for hunting and fishing.

For further information, write Sunrise Park Hotel, P.O. Box 217, McNary, Arizona 85930.

The Hopi Cultural Center is near Polacca, Arizona. It consists of a 33-unit motel, restaurant, museum, craft shops, and small conference facilities. The Hopis emphasize the tribe's traditions. Artisans can be visited as they turn out pottery (in the Southwestern tradition, it's fashioned without a potter's wheel), basketry, fabrics, moccasins, and the internationally famous turquoise and silver jewelry; four gift shops offer the Hopi wares.

Ceremonial dances are performed throughout the year, highlighted by the famous Snake and Kachina dances.

For further information, write the Hopi Cultural Center, P.O. Box 67, Second Mesa, Arizona 86043.

The Southern Ute Tribe in the Four Corners area—where Colorado, Utah, New Mexico, and Arizona adjoin—operates Puno Nuche, a brand-new center on the Southern Ute reservation at Ignacio, Colorado. There is a 38-unit motel ($12-$26), restaurant and lounge, craft shop, and convention meeting space. The Utes are leatherworkers; their moccasins, belts, and purses are on sale at the gift shop. The spring Bear Dance, the Sun Dance in July, and the Four Corners Indian Powwow in June highlight a full schedule of traditional ceremonies and rituals. The reservation waters are stocked with trout and channel catfish, and guides lead deer-hunting expeditions into the backcountry in season.

For further information, write the Southern Ute Tourist Center, P.O. Box 282, Ignacio, Colorado 81137.

At Dulce, New Mexico, another Apache tribe, the Jicarillas, operates a private hunting park, 20,000-acre Stone Lake Mesa Game Park, where hunters can stalk Rocky Mountain elk, trophy deer, black bear, grouse, and turkey. A 20-unit motel, fishing lake, gift shop, and private airstrip round out the facilities.

For further information, write Stone Lake Mesa Game Park, P.O. Box 291, Dulce, New Mexico 87528.

A third Apache tribe, the Mescaleros, is putting the last touches on Ciengita Resort, scheduled to begin full operation this summer with a 140-room hotel, a 100-acre boating, fishing, and sailing lake, and an 18-hole golf course. The tribe already operates a small ski resort on nearby Sierra Blanca Mountain.

For further information, write Ciengita Tourist Complex, Mescalero Apache Tribal Office, Mescalero, New Mexico 88340.

Three Affiliated Tribes of North Dakota's Fort Berthold reservation have established 4 Bears Motor Lodge just west of New Town, North Dakota, on Lake Sakakawea. The year-round resort features a marina and camper-trailer facility and complete hookups, plus the 40-unit motel ($12.50-$16.50) with indoor swimming pool and meeting rooms. The resort is popular with

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snowmobilers and ice fishermen in winter. The tribes plan to add a rodeo arena and a trapshooting ground.

For further information, write the 4 Bears Motor Lodge, New Town, North Dakota 58763.

The new Chief Gall Inn & Resort, which opened last summer near Mobridge, South Dakota, is operated by the Standing Rock Sioux Tribe. The plush, year-round resort, perched on a high bluff overlooking Oahe Reservoir, contains 45 units in octagonal buildings clustered around an enclosed swimming pool. Fishing and hunting guides will be available at the resort along with plenty of other outdoor activities in all seasons. Double occupancy is $20 and there is no charge for children under 12 in their parents' room. For information write the Chief Gall Inn & Resort, P.O. Box 387, Mobridge, South Dakota 57601.

The South Dakota Crow Creek tribe's venture is the Fort Thompson recreational complex, a 40-unit motel with restaurant and lounge, trailer park, museum, and a restoration of the old fort. There is also a rodeo arena. For further information, write the Crow Creek Tribal Office, Fort Thompson, South Dakota 57339.

The Crow tribe runs the 60-unit Sun Lodge adjoining the Custer Battlefield National Monument 13 miles southeast of Hardin, Montana. It also has a small teepee cultural village and an arena for dances and ceremonies. For information, write the Crow Tribal Office, Crow Agency, Montana 59022.

Finally, in the western provinces of Canada, many tribes permit fishing and hunting on tribal lands, and have established professional guide services, camping areas, trailer sites, and a small number of motels and lodges. A complete list is available from the Department of Indian Affairs and Northern Development, Ottawa, Canada.

Families planning to visit Indian resorts in the western United States can obtain a complete listing of resorts through the Bureau of Indian Affairs, 1951 Constitution Avenue Northwest, Washington, D.C. 20242. However, for specifics on each resort, the Bureau suggests that you write directly to the resort you're planning to visit.

The new road to Baja Sur

The most eagerly awaited Mexico event in years for Western and Southwestern motoring vacationers is the recent opening of Mexico-1, the paved, two-lane trans-peninsular highway connecting Tijuana in the north with Cabo San Lucas at Baja California's southern tip, 800 miles away.

The new highway presents some built-in difficulties for American travelers, particularly those who plan to visit in large campers and motor homes. There are no shoulders, and, in mountainous sections, no place to pull off the road. New gas stations are in varying stages of near-completion, and distances between established stations are sizable. Moreover, thanks to Mexico's first price increase in a decade, gasoline is expensive—a little over 60 cents per gallon for the top-of-the-line 100-octane grade.

However, the road surface is excellent, winding mountain sections accounting for only about 20 percent of it; it's suitable for family sedans as well as RVs; and there is no gasoline shortage in Mexico, despite some early supply problems to Baja California.

All of Mexico-1 isn't new, of course. For years, millions of Americans have enjoyed easily accessible Baja Norte, following Mexico-1 through Tijuana, Ensenada, and beyond as far as San Quintín on the Pacific Coast. Others took Mexico-5 through Mexicali for a fast 127-mile trip to San Felipe on the Sea of Cortez (Gulf of California), some venturing even farther down the coast to Puertecitos. But road conditions made it unsafe to take a family sedan beyond either Puertecitos or, on the Pacific coast, San Quintin.

Baja Sur lay far to the south, cut off by hundreds of miles of starkly beautiful, almost impassible mountains and desert. Travelers reached it by air (Aeromexico, Mexico's national air line, or Hughes Airwest) or by sea (passenger-auto ferry service from Guaymas, Topolobampo, or Mazatlan on Mexico's mainland west coast). Baja Norte recorded millions of annual visitors, Baja Sur just over a hundred thousand.

The government's master plan calls for the construction of minimum facilities at strategic points along the newly paved section

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f coast of Baja Sur, and, be-
e of limited tourist trade to
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e on the new road without
or motel reservations, espe-
during the November-to-
l season. If you *are* traveling
recreational vehicle or tent-
don't look for trailer parks
rmal campgrounds. They're
st nonexistent. And bring
own drinking water supply
home.

aja Sur begins on the Pacific
at Guerrero Negro. It's a
ng town, the site or a major
roducing operation. There
rocery stores there, but no
ight accommodations yet.
een miles to the south is
mon Lagoon, where gray
s return annually (January
d-March) to give birth to
12-foot, one-ton calves. The
take place under the water,
watching the barnacle-en-
d whales break the water's
e in great leaps and thrust
heads straight up out of the
is fascinating.

m Guerrero Negro, Mex-
leads southeast through the
town of Desierto de Viz-
to San Ignacio, about a
ed miles away. After the
tretch of desert driving, San
o is startling. Its springs
it to support about 80,000
alms, several thousand or-
rees, grape arbors, and fig
with enough left over for
rgeoning bougainvillea and
is bordering its narrow,
streets. Its pleasant, tree-shaded plaza is dominated by the single-towered, pink Mission San Ignacio, one of the best preserved of the churches that once marked the old Mission Trail. Accommodations are of the pension (a total of four rooms) and dormitory variety and are plain.

From San Ignacio to Santa Rosalia (47 miles), it's mostly straight and level desert driving until you hit the twisting (when Mexican road signs say *Camino Sinuoso,* you'd better believe it) road that threads its way southeast up and through the mountains and then down to the coast.

It's a thrill to see blue water again, although the sensation is complicated by the sight of Santa Rosalia, the rusting remains of a seaport mining town built by a French company 80 years ago, then abandoned by it in the 1950's. The mining operations extended right down to the shoreline in spots, and one of the beaches sports sand that is black from slag dumped offshore. There are two small commercial hotels and the new ten-room El Morro motel there.

From Santa Rosalia, the road closes in on one of Baja Sur's really superb coastal stretches. It's 42 miles to Mulege and 85 more to Loreto. Between them lies 25-mile-long Bahia Concepcion, one of the most beautiful bays in the Western Hemisphere. Mexico-1 runs along the western shore of the bay, past sheltered coves, mangrove-lined lagoons, white-sand-bordered beaches, and crescent-shaped secondary bays—almost all of them completely undeveloped. Long before you reach Mulege, there is a fine swimming, camping, and clamming area framed by graceful palm trees at San Lucas Cove, ten miles south of Santa Rosalia.

What makes Mulege unique in water-scarce Baja Sur is its location at the mouth of the Rio Rosalia. Date palms along the riverbank, orchards of papayas, mangoes, and citrus trees give it a look of tropical languor, best appreciated via a boat trip. Its narrow river roads invite horse and burro riders, and you'll find boats, horses, and burros for hire through the resort hotels. The impressive Mission Santa Rosalia de Mulege, built of lava rock in 1766, lies upstream. In town, Nancy's and La Chayo offer fine crafts gathered from all over Mexico. There is excellent river and Gulf fishing, a modern gas station, and a new supermarket.

Although it lacks a river, Loreto, the first permanent Spanish settlement in Baja, also has a South-Seas ambience with stately date palms, bright-flowered flame

➔



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TRAVEL WEST

trees, and occasional profusions of greenery. Its blue-paneled "Mother of Missions" was the first in the chain that extended north all the way to Sonoma, California. There are a few modestly priced rooms at the guesthouse of Dona Blanca de Garayzar at Calle Salvatierra 3, across from the Mission.

Mulege has two first-class resort hotels or lodges, the Serenidad and the Hotel Mulege, with about 60 rooms between them. Another, the Hotel Punta Chivato, 30 rooms, outside of town, involves a bumpy 17-mile ride over a dirt road—unless you fly in. Loreto has four first-class establishments—the Flying Sportsmen Lodge, Hotel Mission de Loreto, Hotel Playa Loreto, and the Oasis Hotel—with about 150 rooms among them. Throw in maybe a score of rooms to be found in Mulege's Hotel Casitas, El Marisol Hotel, and the "Old Hacienda Mulege" Hotel, the facilities at Santa Rosalia and the few pension and guesthouse rooms available along the way, and that's all you have from the northern border of Baja Sur all the way to La Paz. If even 50,000 motorists suddenly head south each month over the new road a lot of people will be sleeping on the beaches or in their cars.

From Loreto to La Paz, the road goes south along the coast about 20 miles, then inland 57 miles to Villa Insurgentes, then south again 146 miles with very little noteworthy en route—except for more mountain-desert scenery.

La Paz, the territorial capital, will be a revelation to you. It's a sprawled-out, lazy, undistinguished, friendly city with a population of 53,000. Drive along the beautiful *malecon*, the waterfront boulevard, to get the feel of the city. There are curio and handicraft stores, open-air restaurants, specialty boutiques, auto rental agencies, sport fishing, and scuba shops. The La Perla de La Paz complex includes a 100-room commercial hotel, the old Perla, and a money exchange in addition to a variety of shops. One of La Paz's five first-class hotels, the 50-room Los Arcos, fronts on the *malecon*, while the other four—Hotel Calafia, Hotel Continental, Hotel La Posada, and the Hotel Guaycura—are about two miles south of town.

La Paz is a fishing and water sports resort in its own right, as well as being the jumping-off spot for sportsmen and tourists heading north and south to explore the Gulf coast of Baja Sur.

It's 143 miles from La Paz south to Cabo San Lucas. About halfway down, there is a string of five rather luxurious and most attractive fishing lodges—Hotel Playa Hermosa, Hotel Bahia de Palmas, Hotel Punta Pescadero, Rancho Buena Vista, and Hotel Punta Colorado, the last requiring a 12-mile endurance test over a washboard dirt road you're driving. They range in size from the Playa Hermosa with 10 rooms to Rancho Buena Vista with 45, in price from $28 to $3[illegible] American Plan, double.

At the southern tip of the peninsula are four of the most gorgeous hotels in Mexico—the Hotel Las Cruces Palmilla at San Jose del Cabo, the Hotel Cabo San Lucas, the Camino Real Cabo San Lucas, and the Hotel Finisterra high on a cliff at the peninsula's very end. Each [illegible] quite different from the others in design and mood, each offers a wide variety of facilities and diversions for its guests, and each can cost you a bundle, ranging from $40 to $64 a day American Plan, double.

If you have a four-wheel drive an interesting way to get back to La Paz is by looping north along the Pacific coast road, a route that will take you through the pretty little farming community of Todos Santos, straddling the Tropic of Cancer. The Hotel California, with ten plain but comfortable rooms with bath, is perhaps the best bargain on the peninsula, charging just about $[illegible] for a double.

The road rejoins the La Paz–Cabo San Lucas route 32 miles north of Todos Santos at San Pedro.

To make the trek into Baja Sur you must have a valid tourist card *(tarjeta de turista)*. You can get it at any Mexican Government Tourist Office or Consular Office in the United States, or at a Mexican Government Border Office, simply by presenting proof of U.S. citizenship; there is no fee. Generally, you do not need a car permit to drive in Baja, although it's advisable to have one as a precaution in case your plans change—perhaps you'll want to catch the car ferry to Mazatlan on the mainland. It's also advisable to have a Mexican auto insurance policy; U.S.

rance is not valid in Mexico, d the Mexican custom in many cidents involving property mage and/or injury is to hold drivers and vehicles involved til the matter is settled.

For tourist cards and further formation, contact the Mexican overnment Tourism Depart-ent nearest you. There are west-n states tourist offices at: 3443 rth Central Avenue, Phoenix, izona 85012; 3106 Wilshire ulevard, Los Angeles, Cali-nia 90005; 245 Westgate Plaza ll, San Diego, California 101; and 219 Sutter Street, San ancisco, California 94108.

ettle Falls esurfaces

When Grand Coulee Dam's v third powerhouse goes into eration late this year, that mas-e central Washington facility l become the world's largest droelectric generator (a title v held by the Soviet Union's asnoyarsk Dam). But the real nus for travelers this spring—ttle Falls—lies some 110 miles the Columbia River from the nsite.

Drowned by Roosevelt Lake en Grand Coulee was com-ed in 1942, and exposed fly in 1969, the falls will be ble again for about six weeks spring. From December ough the first week in May, lake will be drawn down some feet to permit installation of third power plant forebay. e the lake has dropped about feet, the top of the upper falls begin to show. At maximum wdown, between the end of March and the first of May, Kettle Falls should once again plunge about 40 feet.

The falls are historically significant as a traditional salmon-fishing site of the Indians of the region. Journals of a number of early-day fur trappers refer to the Kettle Falls as a favorite rendezvous point; nearby (junction US-395, State-294) Fort Colville, a Hudson's Bay Company post, was usually their destination. During the late 19th century the town of Kettle Falls grew up along the banks of the Columbia; it's now under some 40 feet of water. The present town, about a mile from the lake, was founded with the construction of the dam.

During the drawdown, you can see the falls immediately upstream from the twin highway and railroad bridges on US-395 about a mile west of the town. You can approach on foot along either bank. A huge granite outcropping on the west side of the river offers good views of both the upper and lower falls. Rock hounds find beryl crystals along the east bank just upstream from the bridge.

Several hundred yards along US-395 to the east of the bridge, a short dirt side road leads to restored St. Paul's Mission, a roughhewn timber structure set in a clearing and surrounded by a thick stand of Ponderosa pine. The old Jesuit mission was founded in 1845.

For additional information on the specific timing of the Roosevelt Lake drawdown write: Superintendent, Coulee Dam National Recreation Area, Box 37, Coulee Dam, Washington 99116 or stop at the Kettle Falls Visitor Center. ■

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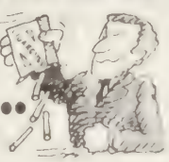


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Platter posies

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A quiet shoreline is created with sand, two graceful sprays crocus, and individual hyacinth buds stripped from their stal Cut crocus at varying lengths and insert on tiny needlepoint Arrange sand in strips and top with hyacinth florets.

Photographs: Hon



A woodland scene comes to life with crystal pebbles, tulip hea and pussy willows. In a round glass plate, arrange tulips (w only an inch or two of stem) and willows in different areas needlepoints. Heap pebbles over needlepoints.



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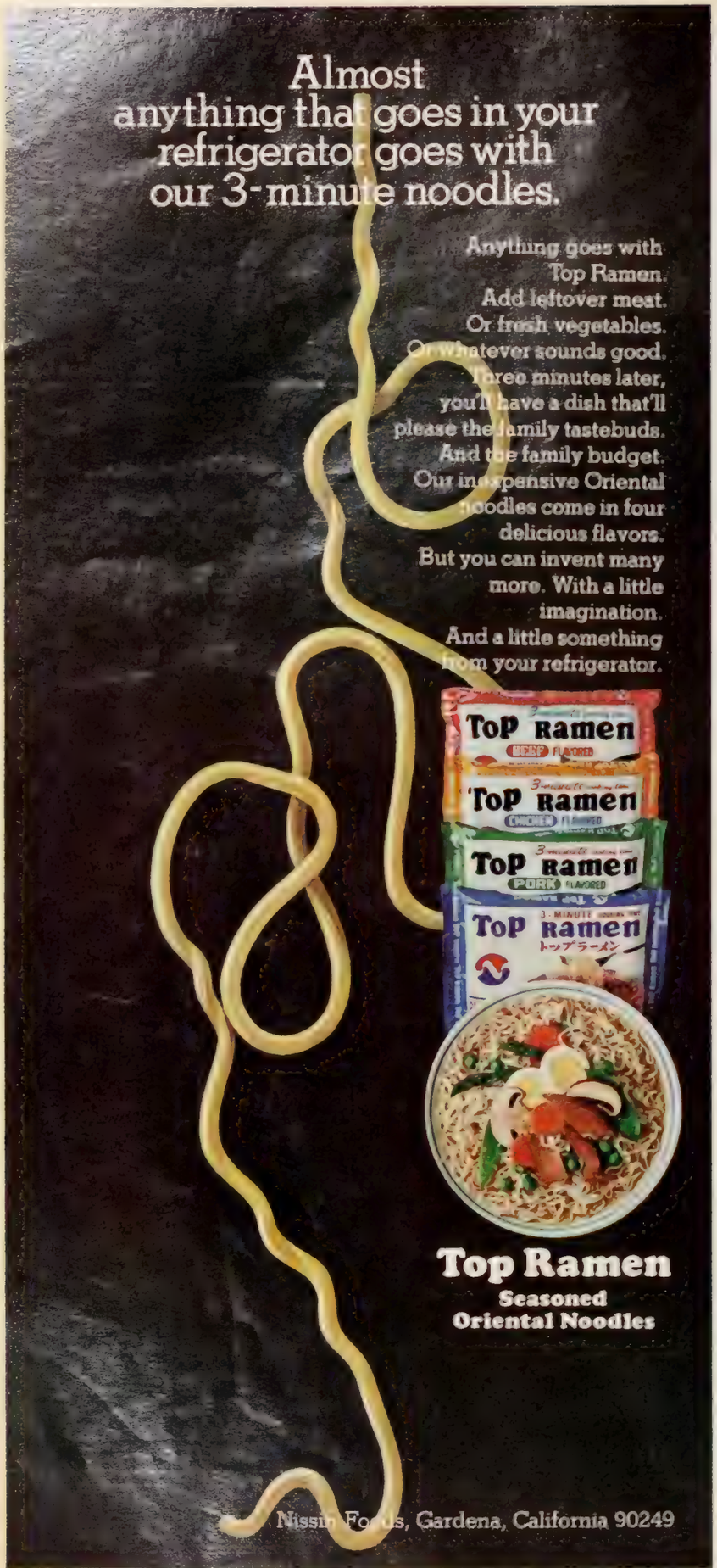
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TUNA TOP RAMEN
3 packages Chicken Flavored Top Ramen
1 can tuna
1 can Cream of Mushroom Soup
½ cup milk
½ cup water
¾ cup crushed potato chips

Cook noodles in 2 quarts water. Rinse with cold water and drain. Combine 2 packets of soup base with tuna, mushroom soup, milk and water. Add noodles and mix well. Top with crushed potato chips. Bake in greased casserole for 20 minutes in 325°F oven. Makes five 1-cup servings.

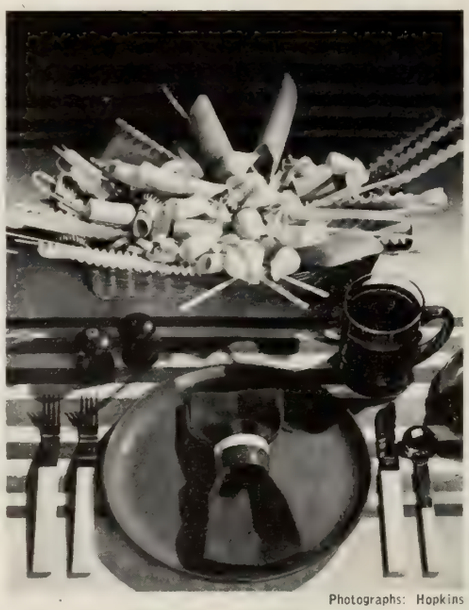
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Pasta centerpieces

Next time you're at your wit's end for a table decoration—rea for the pasta! It comes in myriad intriguing shapes—shells, b ties, wheels, elbows, and fluted braid strips. And it's readily ava able and inexpensive. If you want to glue two strips together, cure with white glue or floral clay. Pasta arrangements are s prisingly durable so you can use them repeatedly for last-min centerpieces.



For a covered-dish supper, try arranging a variety of pasta fo in a big pewter mug. For texture contrast, we interspersed st of wheat among the long, skinny macaroni sticks and filled in base with shells, wheels, and bow ties. Abstract flowers car created by gluing wheels in a circle and wiring on stems. Chec cloth, metal plates, and pistol-handled stainless carry out farmhouse setting.



Photographs: Hopkins

Will your next party feature an Italian menu? If so, a bask assorted pasta will make an apt centerpiece. You can sprea an artful array in a long bread basket or arrange the pasta in baskets on card tables. A vivid striped cloth, plastic-handled ware, and a brilliant pottery plate enhance the festive table pasta bouquets the next time you have to decorate tables on scale and a small budget.

MAP, EP—
t's it mean?

set of initials you'll fre- see on hotel price lists— AP," for example—indi- ow many meals, if any, uded in the quoted cost. ican Plan (AP), some- alled full American Plan, that the room rate also he price of three meals When you're planning a at any AP resort, you'll actly what to budget for dging and meals; every- lumped together in one

fied American Plan differs from the full an Plan in that it entitles only two meals: break- one other meal, usually

nental Plan (CP) is the esignation to remember, most logical, because it only the room plus a tal breakfast—toast or coffee.

ean Plan (EP), on the nd, often confuses peo- use, first, it's an Ameri- many Europeans have ard of, and, second, it the type of hotel rates ns are most accustomed ice that pays for noth- he room; no meals.

listings include prices initials attached, it's Eu- lan; room only.

hotels and resorts used this practice of offer- guests a choice between n Plan and European ommodations, but today one or the other, and take whichever it is or Particularly in exotic lo- he height of the tourist when rooms are in very pply, only full Ameri- reservations may be ac- he hotelier, who makes on each meal, requires at all your meals at his nent if you want a bed at least pay for all the ether you actually eat e or not.

cationers, the big draw- American Plan accom- s is that you probably *nt* to eat every meal at place. For one thing, ght be a number of in- restaurants in the vi- nd an opportunity for one reason why anyone or another thing, the of getting back to the every meal (since you for the food anyhow, it seems a waste not to eat it) restricts your explorations to those areas nearby. And for a third thing, the hotel's restaurant may not be all that good. Since American Plan guests are more or less captive customers, the missing challenge of competition may leave the chef uninspired. Then you're stuck with second-rate meals your whole vacation.

Which plan is right for your family's vacation? For most travelers, either EP or CP is the best bet. With the other plans, you "pays your money, but you don't takes your choice." ■



Pie pointers

Many a cook is judged by her pie. Here are a few suggestions to help raise your "Pie Q."

Tips for tender, flaky pastry

• Cut *half* the shortening into the flour mixture till mixture resembles cornmeal, then cut in the remaining shortening till lumps are size of small peas.

• Sprinkle water, a few drops at a time, over flour mixture and *toss lightly* with fork. A
as part of flour mixture i
ened, push aside in the b
continue with remaining
• Every particle of flour
have to be moistened.
• Handle the pastry gentl

Tips for rolling pas

• Let pastry, lightly cove
on floured surface for a f
utes before rolling.
• Roll oil pastry betwee
of waxed paper.
• For a perfect circle, p
ball of dough with the
your hand 3 times both
• Roll to ⅛-inch thickne
ing from center to edge
• Carefully transfer pa
pie plate without stretchi
using the rolling pin to
try from board. Or practi
ing pastry in fourths, the
unfolding in the pie plate.

Common pastry prob

Problem	Reasons
Tough	Not enough Too much w Overmixing Too much f added wh rolling ou
Crumbly	Not enough Too much f
Does not brown	Overmixed Rolled too t Underbake
Shrinks	Overhandle Rolled too t Stretched w put in pa
Large blisters	Not pricked enough Baked at to a tempera

Freezing pies

• Fruit pies, chocolate a
on chiffon pies will free
tard or cream pies won't
• Prepare fruit pies as
but don't slit the top cru
baking time.
• Treat light fruits with
juice or color keeper.
• Cover unbaked pie w
verted paper plate. Wra
and freeze for up to two
• Unwrap to bake and
paper plate; cut vent
top. Bake without thaw
450° oven for 15 to 20
then at 375° till done.
• Freeze chocolate and
chiffon pies up to two
thaw in refrigerator.
• Cover edge of crust w
to prevent overbrowning

Cutting and serving

• For crumb crusts tha
stick, wrap bottom and
pie plate in a hot, wet t
a few minutes before cu
• For meringue-topped p
knife in water when cut

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1. VANDERMINT CHOCOLATE CHEESE PIE: Cream 3/4 cup Vandermint, 8 oz. cream cheese. Add 1/2 cup milk, 1 pkg. (4-1/2 oz.) instant chocolate pudding; beat smooth. Spoon into 8" chocolate crumb crust: 1-1/4 cup chocolate snap crumbs; 1/3 cup soft butter. 2. VANDERMIST: Pour 2 oz. Vandermint over crushed ice in champagne glass. 3. VANDERMINT ALEXANDER: Shake 2 parts Vandermint, 1 part each gin and cream with cracked ice. Strain into cocktail glass. 4. VANDERMINT & ICE CREAM: Pile scoop of ice cream into dessert dish. Top with Vandermint. 5. VANDERMINT & VODKA (V & V): Pour 1 part Vandermint and 2 parts vodka over cubes in a "rocks" glass. 6. VANDERMINT PARFAIT: Alternate Vandermint and scoops of pistachio, chocolate, coffee ice cream in parfait glass. Top with whipped cream, splash Vandermint. 7. VANDERMINT MOUSSE: Mix in blender 6 oz. semi-sweet chocolate pieces, 1/2 cup Vandermint. Blend. Add 1/4 lb. soft butter (in pieces), 4 egg yokes. Blend. Beat 4 egg whites, 2 Tbsps. confectioners sugar till stiff. Fold into Vandermint mixture. Pour into dish lined with Vandermint-dipped ladyfingers. Chill. 8. VANDERMINT FONDUE: Melt 6 oz. semi-sweet chocolate pieces. Stir in 1 cup sour cream, 1/2 cup Vandermint. Serve warm. Dip strawberries, cookies. 9. DUTCH COFFEE: Pour jigger of Vandermint into cup. Add hot coffee. Top with whipped cream. 10. VANDERMINT STRAIGHT



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combination ork-and-play om in e basement

ndry, sewing, and make-believe tea ies mingle happily in this basement.

all started with the remodeling of the nen upstairs. Since new kitchen cabi- were scheduled, the owners decided ove the old ones—solid though badly red—to the "laundry" room. The tired nets were revived with bright paint in ow colors, then the base units were ed with a new counter top. Space was side for mother-and-daughter sewing nines, and play kitchen was installed e end of the room.

hen the room's potential for versatile ce emerged, the family decided to go t with new flooring, a handsome wall ring, and a ceiling disguise.



ped ceiling above the laundry appli- , conceals the heating and plumbing , and also makes room for the re- d light's understructure. The perim- f the dropped ceilings presents an at- ve face; scraps of rough-sawn wall ing finish the edges. Laundry chute oor in the ceiling links upstairs bath and downstairs laundry cart. Soaps, gents, and other washday supplies in the cabinets close to the dryer. hone saves trips upstairs.

Photograph: Hedrich-Blessing. Source: Jessie Walker



ndard-size sewing machine and a -down model for a preschooler line e by side at the sewing counter. The ar-old can sew while Mother does, r a change of pace, switch to the



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Please print clearly. This is your address label. Limit one per family.

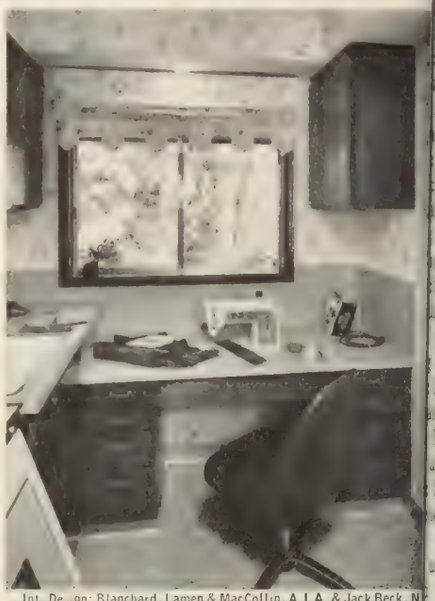


Special Dinners from Purina

3

On-the-spot mending

This laundry room includes a featu that should be standard in every home a sewing center which encourages c the-spot mending. The counter is bu to desk height under a large windo that frames a pleasant scene to bright sewing chores. A drop-down ironi board built to the side is another tim saver on laundry day.



Int. Design: Blanchard, Lamen & MacCollin, A.I.A. & Jack Beck, N

When not in use, the sewing mach head drops under the counter, an piece of matching counter top fit its place. Drawers built into the sew desk keep supplies organized and cessible. Cabinets on either side of sewing desk provide ample space laundry and sewing storage ne Overhead spot lighting helps brigh sewing area and prevent eyestrain.

Top-secret file cabinets

If you'd like to add office convenience to your home without creating an office-like look, try this hideaway cabinet idea. Reserve enough space in a wall divider or bookcase to insert a pair of metal filing cabinets. After the cabinets are in place, insert wood spacers between the cabinets and bookcase walls to prevent shifting. If the drawers are noisy, you can quiet them by placing a sheet of rigid plastic foam between the wood spacers and wall, and under the cabinet base.

The bookcase is made of birch-stained plywood, set off with decorative molding and knobs. Double-hinged wood doors hide the filing cabinets when they're not in use. A dual lock system, one on each of the cabinets and one on the doors, ensures privacy. You'll find this setup an ideal storage solution for family records and business papers. Apply same building techniques for four-drawer cabinets.

Designers: Lynn Huey & Son; Mary



ower-
nging quiz

ing fact from fiction
sy when the subject is
rranging. To test your
lge, try this series of
(some true, some false).
nticipate all the correct
, you're better than
xperts!

Fake and fresh flowers
never be combined.

Right. They don't
appily.

A Williamsburg ar-
ent should contain at
varieties of flowers.

No. It can display as
nany as you wish.

A penny in tulip ar-
ents keeps them fresh.

No. This is fantasy.

Poppies in arrange-
lways wilt quickly.

No. If you burn the
ds, poppies will last.

Spiked and round flow-
ld be used together.

Yes, they provide a
contrast in form.

Rose and daisy foliage
lways be removed.

Yes. Their leaves wilt
and cause decay.

Flowers should never
ed tightly together.

In Victorian and
arrangements, tightly
flowers present an
sing mass.

Flowers should always
ged with their own
l foliage.

Not always. Contrast-
ge adds importance to
vith sparse leaves.

Flower stems should
e cut the same length.

No, never. Variation in
always necessary.

You can gather a gar-
quet any time of day.

No. Early morning or
ir o'clock is best.

You ought to use at
colors of flowers in
ral grouping.

No. Many schools of
rranging, such as the
, depend wholly on line
n rather than color.

Never use a glass vase
u can see the stems.

No. Stems can be a
part of the design.

The pollen tips of lilies
lways be cut from
before lilies are ar-
a tablecloth.

Yes. Pollen dust is a
t's nearly impossible
e from any fabric.

A formal floral center-
ways used for dress-up
rties.

No. Groupings of can-dles or epergnes with fruit and vines are equally acceptable.

"Fact": You can use dyed flowers on a dinner cloth.

Answer: No. Don't take the chance. The dye mixes with the vase water, and even a drop on the cloth is a catastrophe.

"Fact": Arrange your flowers in the kitchen, then choose a proper place to display them.

Answer: No. Arrange with a special area or table in mind.

"Fact": Use strong colors, dominant shapes at the base of the flower arrangement.

Answer: Yes. For good balance and eye appeal, this is true. ■

Busy nurse Ellen Piccony creates new time-saving dish using economical round steak.

As staff anesthetist at Central DuPage Hospital in Winfield, Illinois, a Chicago suburb, Ellen Piccony is part of a team involved in up to seven operations a day.

"It's an important job," she says. "Often we're helping save a life... and I like that responsibility."

Ellen also likes her other responsibilities—as wife of a law student and mother of a two-year-old.

At home, she enjoys cooking for her family to engage her homemaking skills and creative energy. But here, too, time is vital.

The Piccony's like beef four or five times a week, and Ellen knows that some of the best-tasting, time-saving dishes are made from economical cuts that are nutritious and easy on the budget. Like her very own Round Steak Parmesan that she's christened "Parmigiana Piccony."

You, too, can make creative, inexpensive beef dishes. One secret is buying the right cuts. You start by shopping wisely and economically.

Shopping Is Easier

Now that standardized names of meat cuts are being adopted, shopping's a lot easier because you'll know exactly what you're getting wherever you buy meat—in Portland, Me., or Portland, Ore.

Count Servings, Not Lbs.

Beef is a great family food value. And that value's real yardstick is cost-per-serving, not cost-per-lb.

It's surprising to learn, for example, that 1 lb. of ground beef or beef for stew yields two to three times as many servings as short ribs.

You don't need a library on cookery to know how to shop for beef shrewdly and prepare it wisely. It's all at your fingertips with the new "Beef Fact Finder."

This versatile sliding chart tells at a glance servings-per-lb., cost-per-serving, and best cooking methods. It will help you buy more economically, stretch dollars farther and improve family nutrition.

Be a Beef Expert

First, tear out and try Ellen's recipe. Then send 50 cents in coin to cover postage and handling for the "Beef Fact Finder." Address: **National Beef Industry Council, Box 11168, Dept. W, Chicago, Ill. 60611.**



BEEF PARMIGIANA

1½ to 2 lbs. beef round steak, cut ½ to ¾ inch thick
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1 egg, slightly beaten
1 tablespoon water
½ cup fine dry bread crumbs
¼ cup grated Parmesan cheese
½ teaspoon basil leaves
3 tablespoons cooking oil
1 can (15 ounces) tomato sauce
1 clove garlic, crushed
1 tablespoon sugar
½ teaspoon leaf oregano
4 slices (approximately 1 ounce each) mozzarella cheese

Cut steaks in 6 serving-size pieces. Mix flour, salt, pepper. Dredge meat in seasoned flour, and pound Combine bread crumbs, Parmesan cheese, basil leaves. Dip meat pieces in egg-and-water mixture, then dredge in crumb mixture, coating evenly. Brown in oil. Place in roasting pan or baking dish (13½x9x2 in.). Combine tomato sauce, garlic, sugar and oregano; pour over meat. With tight foil cover, cook in moderate oven (350°F.) 1 hr., 10 min. or until tender. Place mozzarella slice on each piece of meat. Sprinkle added oregano if desired. Bake additional 3-5 min. until cheese melts. Serve sauce with meat. 6 servings.

National Beef Industry Council

Alabama Cattlemen's Assn./Arizona Beef Council/California Beef Council/Colorado Beef Board/Florida Beef Council/Idaho Beef Council/Illinois Beef Industry Council/Indiana Beef Industry/Iowa Beef Industry Council/Louisiana Cattlemen's Assn./Mississippi Cattle Industry Board/Missouri Beef Promotion Found./Montana Beef Council/Nebraska Beef Industry Found./Nevada Beef Promotion Fund/New Mexico Cattle Growers Assn./North Dakota Beef Commission/Ohio Beef Marketing Program/Oregon Beef Council/South Dakota Beef Council/Texas and Southwestern Cattle Raisers Assn./Texas Cattle Feeders Assn./Utah Beef Council/Washington Beef Commission/Wyoming Beef Council

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Teapot tables

Porch setting features a friv- olously flowered ceramic teapot garnished with three daisies, some trailing greens and a wood- en bird poised on the handle. Short, stout teapots like this should be elevated on trivets or warmers. Pastel calico place mats and heavy glass tumblers carry out the informal look.

A copper teapot filled with a sweeping crescent of lunaria and feathery dried material is the perfect complement for a pro- vincial table. When arranging in teapots and pitchers, make sure floral design doesn't obscure the spout or handle. Bold flora plates, rough-textured mats can ry out the rustic theme.

White ceramic pot filled with nostalgic bouquet of carnation and baby's-breath readies an table for a special occasion. Con temporary feeling is underlined with Italian print place mats tableware in Sculptured Rit pattern and low textured tum blers. Though bouquet is full, doesn't tangle with the line o spout or handle.

A silver teapot is a great wa to dispense tea—but when you' not using it for the zesty brew turn it into an understated an elegant centerpiece for the tabl Delicate chinoiserie patter china and La Scala pattern silve are perfect complements. T make room for low, graceful teapots, place them on table s the spout faces one end, th handle the other.

Photographs: Hopkins



Ellen Cioni paints roses for us. And abstracts for herself.



"The part I like best is what happens to the dull paints after they're fired."

Artists like Ellen decorate every piece of our Earthenware by hand. We think that's one reason why Franciscan is a part of so many American homes. (In 1964, the Smithsonian accepted a Desert Rose teapot, like the one here, for permanent display.)

Ellen and 20 other women and men have a direct hand in making each Desert Rose plate. They mix the clay and minerals to our special recipe, shape it, and hand-paint the roses and leaves. They glaze it and fire it. And its brilliant colors will never fade or craze.

Along the way, 5 inspectors make sure it's good enough to be Franciscan.

Maybe machines could do some of these things.

But not like Ellen.

The California Craftsmen since 1875.

FRANCISCAN

Problem—solving center island

Although this family had a large kitchen, it did not include enough storage cabinets or room for one or two family members to have quick snacks in the kitchen. Swapping some floor space for a large center island neatly solved both problems in addition to cutting steps between the three major work centers.



The new center island is the heart of the family kitchen. The unit houses an electric cook top, storage for cooking utensils, and a space for casual snacking. After school, the children like to cluster at the end of the island for a glass of milk and cookies. And it's a convenient spot for a neighbor to sip a cup of coffee while the homeowner goes about her chores. The substantial-looking island, topped with easy-to-clean plastic laminate, is painted to match the other kitchen cabinets.



Photographs: John Rogers. Owner and Designer: James Bradley. Source: Dorothy Monroe

This end of the island handles three jobs efficiently. Cook books are stored on three shelves below the overhang where they're handy for making out shopping lists and weekly menus. When guests arrive for a buffet dinner, serving dishes are set out along the island. Guests can proceed from kitchen to dining room without bumping into each other. The island is also great for the staggered breakfast schedule; bacon and eggs go from the hot skillet to waiting plates only a few feet away.



Beneath the electric cook top, two large drawers pull out for easy access to omelet pans, saucepans, and cutting boards. The vinyl floor tile used throughout the kitchen reappears inside the drawers as a colorful and easy-care liner.



Two doorways close together left little space for a standard range, but this stacked double oven works well in conjunction with the cook top in the center island. The small cabinet adjacent to the oven holds baking pans and oven mitts.

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A gentler way to more complete protection.

Women find the new Playtex Gentle Glide applicator more comfortable to insert than Tampax's. One reason is that Gentle Glide is rounded. Tampax's is not. And Gentle Glide is made of a soft plastic that's smoother and more flexible than cardboard. But there's another difference between them.

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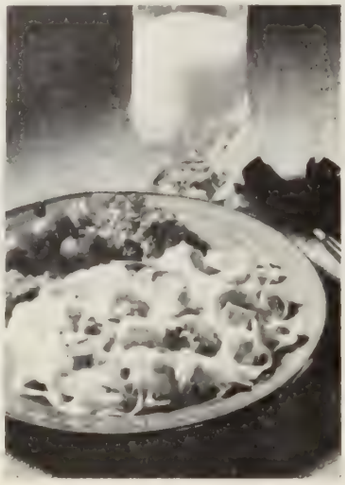
By Nancy Byal

Chicken dinners for all occasions

As you've undoubtedly heard, chicken is a remarkably versatile and economical bird. To help you capitalize on chicken to the fullest, here are some tips, plus ideas for four delicious main dishes that use whole, cut-up, and cubed chicken.

- Select whole birds rather than already-cut ones. Cut them into halves, quarters, or pieces at home.
- Buy several chickens when they're on special. Cut and sort legs, wings, breasts, etc., then freeze.
- Choose one large bird rather than two small ones. The big one has a higher ratio of meat to bone.







Buying information, page 136



Photographs: Dieter

JAMBALAYA CHICKEN

Serve crusty French bread with this meal-in-a-skillet—

2- to 2½-pound broiler-fryer, cut up
1 cup chopped onion
1 clove garlic, minced
2 tablespoons cooking oil
1 28-ounce can tomatoes, cut up
1 teaspoon salt
Few drops bottled hot pepper sauce
1 bay leaf
½ pound cleaned and shelled frozen shrimp *or* 1 4½-ounce can shrimp, drained
1 cup long-grain rice
1 cup sliced celery
2 tablespoons snipped parsley

Season chicken with a little salt and pepper. In a large skillet, brown chicken, onion, and garlic in cooking oil. Add tomatoes, salt, hot pepper sauce, and bay leaf. Heat to boiling. Cover; reduce heat. Simmer, covered, 30 minutes. Spoon off excess fat. Add shrimp, rice, celery, and parsley, making sure all rice is covered with liquid. Cover and simmer 30 minutes more or till rice is tender. Remove bay leaf before serving. Garnish with parsley sprig, if desired. Makes 6 servings.

CHICKEN NOODLE DINNER

One small broiler-fryer will yield 2 to 2½ cups cooked chicken—enough for 6 servings when used in this skillet dish—

1 2¼-ounce envelope cheese sauce mix
1 1¾-ounce envelope chicken gravy mix
¼ teaspoon onion salt
Dash pepper
1 cup water
1 cup milk
2 cups cubed cooked chicken
1 10-ounce package frozen peas
1 3-ounce can chopped mushrooms
1 tablespoon snipped parsley
Hot cooked noodles

In medium saucepan, combine cheese sauce mix, chicken gravy mix, onion salt, and pepper. Stir in water and milk. Cook and stir till thickened and bubbly. Stir in chicken, peas, mushrooms, and parsley. Simmer 5 minutes. Serve over hot cooked noodles. Garnish each serving with a few cherry tomatoes and curly endive, if desired. Makes 6 servings.

CHICKEN AND VEGETABLES WITH SUPREME SAUCE

Make this the main attraction at your next buffet dinner—

6 large chicken breasts, cooked, boned, and skinned
1 16-ounce can whole small carrots, drained
1 15½-ounce can boiled onions
2 9-ounce packages frozen artichoke hearts, cooked and halved
3 tablespoons butter or margarine
¼ cup all-purpose flour
¾ teaspoon salt
2½ cups milk
½ cup mayonnaise or salad dressing
¼ cup dry sherry
1 cup (4 ounces) shredded natural cheddar cheese

Cut cooked chicken into chunks. Arrange chicken and vegetables in 13x9x2-inch baking dish; set aside. In saucepan, melt butter or margarine; blend in flour and salt. Add milk all at once. Cook, stirring constantly, till mixture thickens and bubbles; cook 2 minutes more. Remove from heat. Stir in mayonnaise and sherry. Pour sauce over chicken and vegetables. Bake, covered, in 350° oven 25 minutes or till heated through. Uncover; sprinkle with cheese. Return to oven. Bake casserole, uncovered, 3 to 5 minutes more or till cheese melts slightly. Makes 8 servings.

VERONIQUE STUFFED CHICKEN

An elegant roast chicken recipe to serve when you're entertaining a foursome—

½ of 6-ounce package long-grain and wild rice mix
2 tablespoons butter or margarine
¼ teaspoon onion salt
¼ teaspoon dried thyme, crushed
¾ cup seedless green grapes, halved
2½- to 3-pound broiler-fryer
2 tablespoons dry white wine
2 tablespoons soy sauce

Prepare rice mix according to package directions, using 1¼ cups water for the liquid. Stir in butter or margarine, onion salt, and thyme. Add grapes. Salt cavity of chicken; stuff with rice mixture. Tie legs to tail. Place on rack in shallow roasting pan. Bake in 375° oven for 1¼ to 1½ hours or till done. Combine wine and soy sauce. During last 30 minutes of roasting, baste chicken with soy sauce mixture. Garnish platter with grape cluster, if desired. Makes 4 servings.

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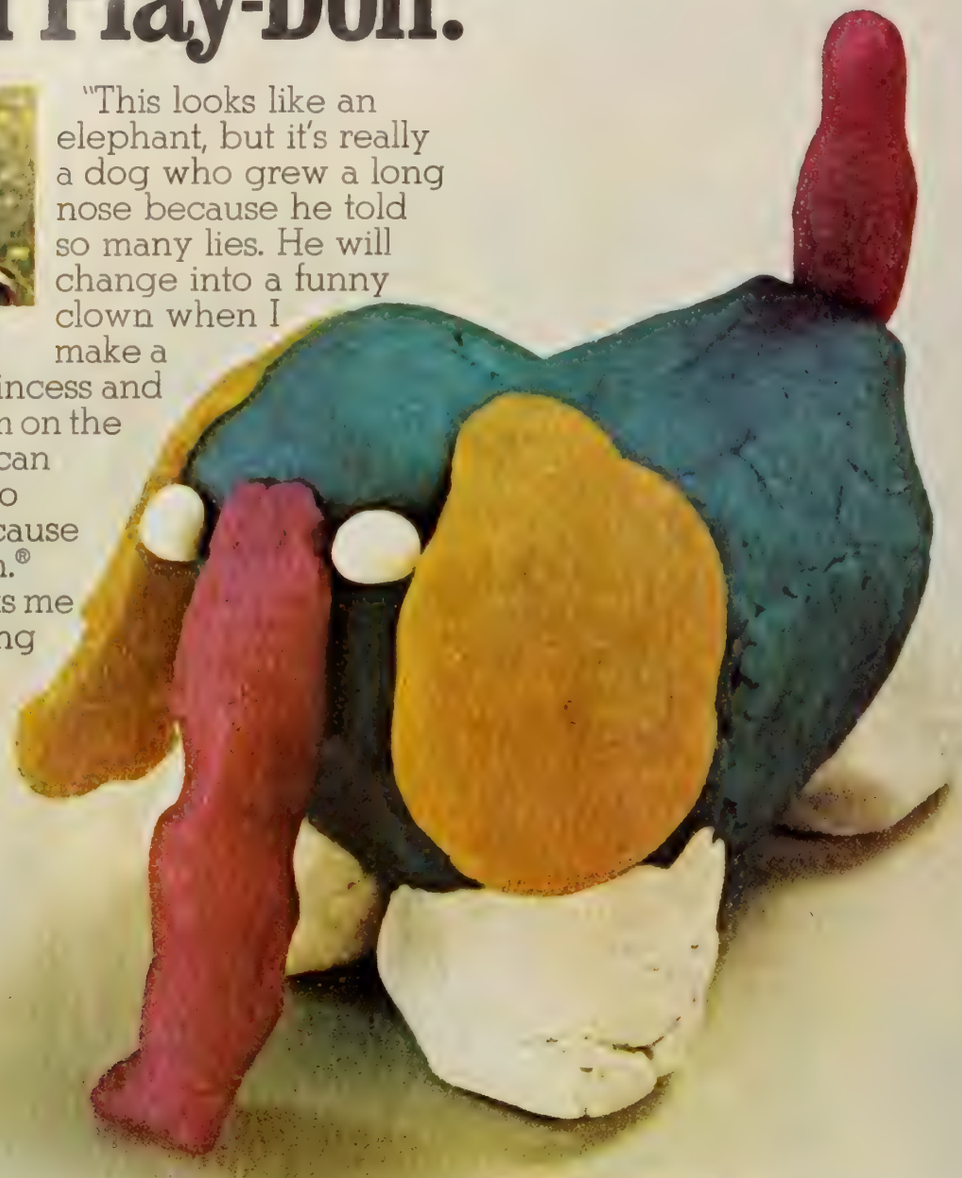


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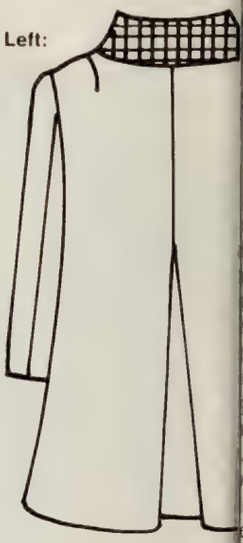


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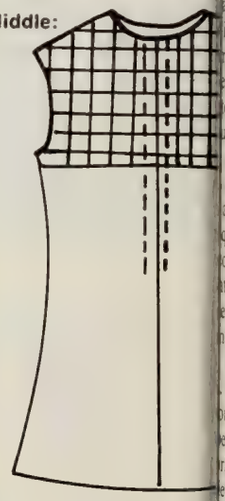
Pattern
back view

You saw the front view
distinctive coat and dr
ble on page 100. The
available in girls' size
and features a coat and
sleeve variations. To
Burda pattern, fill out t
on page 100.

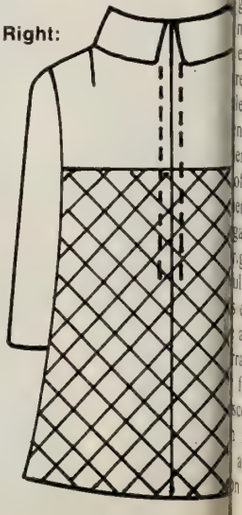
Left:



Middle:



Right:



rnish
ow-how

ishing food may sound ous, but there are practical ends, too. With the right sh, you can glamorize a e dish and even coax your y into accepting less-than-ite fare.

you think the word garnish elled p-a-r-s-l-e-y, you're right. Parsley is great for ting dozens of foods, from viches to entrées. To make the parsley is fresh and , crisp the sprigs in ice wa-hen drain and refrigerate in a plastic bag or with stem n water. And remember to nipped parsley, too. It can a mound of whipped pota-ook especially attractive.

fun, tint whipped cream yonnaise to match the food le setting. But keep the col-nt and natural—no purple nnaise or chartreuse pud-please!

ted coconut can transform cookies, or breads into pic-retty food. Just combine a ops of food coloring with water in a jar, add coco-over and shake. If color is rk, add more coconut. If s too light, add more food g with water. Then spread coconut out on a baking o dry.

can give breads and other goods the glamour treat-with decorative cherries. and gumdrop leaves. Stir quick icing or simply use rn syrup as "glue" for the tions.

s of orange, lemon, or ake fresh, appetizing gar-for meats, salads, and Float slices of fruit in a r beverage, or twist two eels together with a pars-ig. Don't forget to use d fruit peels, too.

l-cooked eggs are a staple garnish line. Wedges and make great salad trims. egg yolk drifted over liver , creamed eggs, or beet salad egant.

n you're combining salad ents, pick out the choicest of fruits or vegetables and em for the garnish. What garnish for Waldorf salad ight red apple slices?

l arrangement of food enough garnish in itself. a large platter and care-range cookies or canapes form their own colorful cope effect.

flowers attractively ar-add a lovely touch to n and reception foods. It's best not to place the flowers directly on the food unless it's a wedding cake.

For dramatic effect, spear the garnish on small skewers or picks. Meat loaf with mushroom sauce looks quite glamorous when bedecked with skewers of button mushrooms. And who could resist a frothy drink dressed with a fruit kabob?

Consider garnishing your entrée with items on your menu. Ring a platter of fish with broccoli spears or serve the spiced peaches on a ham plate.

For the most impact, garnish your dishes with moderation.



A Major Breakthrough!

We call it the FlatTop because it's the first full line of air conditioning cooling coils with flat tops. This is the part of a whole-house system that goes on your furnace to cool and dehumidify the air.

It's only 7¼ inches high. That's about half the height of commonly used "A" or slanted coils. Result: an easy, neat installation, even in homes with high furnaces or low ceilings.

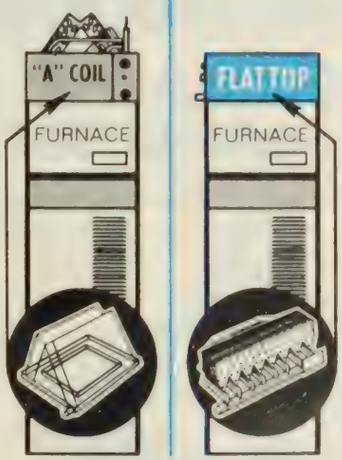
Typical "A" coils require a drain pan (see picture) to catch the humidity (condensate) the coil removes from your home's air. But, these pans may also serve to distort airflow which may mean more blower speed, more power, more noise. If not properly installed, these pans may quickly become an environment for algae, growths and odors.

York's FlatTop ends these problems with a new, patented system of sawtooth fins and narrow, sloped drain troughs. This means complete drainage, minimum air blockage, quiet comfort. And, it may even extend furnace life and help save heating fuel. See your York dealer or write for free brochure for all the facts.

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Typical "A" cooling coil. Note greater height and large drain pan.

Half as high, yet does the same cooling job. Note patented, sloped troughs.

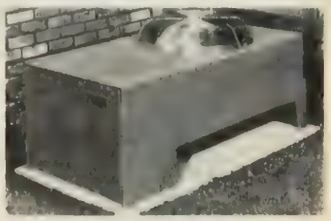


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begins on page 148

Teaching your dog

puppy watches from the corner of his eye to see what will happen if he tears up the corner of the rug. When he is punished for doing something he knew was forbidden, he feels secure because he knows he's in the care of a strong leader.

An intelligent and strong-willed dog is quick to sense timidity in his owner, or an inclination to overindulgent softness, or lack of interest, or sometimes outright fear. Such a dog in the hands of such an owner will not hesitate to take over the position of pack leader, and this is exactly what happens time and again. Bad temperament can be an inherited trait, but in the majority of cases it is simply the result of inadequate discipline.

Some owners are afraid their dogs won't love them if they speak harshly or spank them. The fact is, intelligent, *consistent* discipline inspires respect and thus strengthens a dog's affection rather than diminishing it. Furthermore, if discipline is begun at the outset—and adhered to during the puppy's testing stages—little or no chastising will be necessary in the dog's adult life.

Some owners are actually afraid of their dogs. They are afraid of being bitten, or knocked down. Such people would probably be happier with a different kind of pet, or no pet at all.

Other owners are quite fond of their dogs, would like them to be well-behaved, but are too lazy or disinterested to follow through with enforcing the rules. It's easier to go on watching television, or conversing or reading the paper, than to notice that the dog is on the bed again, or getting into something.

Two simple rules will practically guarantee well-behaved dogs: Decide before you get the dog what the rules will be, and never let an act of disobedience go uncorrected.

Growling and snapping must never be tolerated. It may be natural for a dog to be jealous of his food, his possessions, and his share of affection. It may be equally natural for a dog to object to combing and clipping and nail trimming. However, if a dog is allowed to snarl over his food when a family member walks past, or snap at the hand that is wielding the comb, inevitably he will go on from there until he is effectively manipulating everyone in the household. At the first growl, the first lifted lip, scold him in your harshest vo and punctuate it with a sh smack across his rump. Once twice is enough for most do

If sterner measures are cal for, and if the dog is not hu pick him up by the skin over hips and shoulders, give him couple of hard shakes, and him down again. This won't jure him—but most dogs hate

Individual dogs vary greatly the amount of punishment th need. For some, a harsh scoldi is ample; for others nothing sh of corporal punishment is eff tive. You must judge for yo self what your dog needs. G him no more, but no less.

Scolding, spanking, or sha ing will be sufficient for gene discipline. For the dog who l bitually jumps up on people, c of the easiest (and most effecti cures is a knee in the chest. Wh he jumps up on you, bang h hard with one knee brought against his ribs. It may tip h over backwards; it may mom tarily knock some wind out him; it will surely surprise hi and it will teach him a less Many dogs never actually c nect the blow with the pers who dealt it. They don't see knee coming up at them, and th do see that your hands did strike them. They simply assu that when they jump up on a one, something unpleasant h pens to their underside. Imme ately after bumping your back for jumping, reach do and pet him. Let him know really do love him—but you l him best when he has all four firmly planted on the ground.

The leash-pulling dog n take a little longer to cure, the results will be worth the fort. Replace his regular col with a slip-action training col (sometimes called a choke-cha Then, when he starts to pull, j him back with a sharp snappi movement. He probably will h tate an instant while he thi about it, and then charge ahe again. Snap him back again. B don't forget to praise him lavish for being at your side where h supposed to be. The idea is correct his fault, not punish h for committing the act. Gradu ly he will begin walking sh distances on a slack lead becau it is so much more comfortab than having his neck jerked c stantly, and from that point t battle is won. No amount steady pulling will do the tri though. The secret is in the sn

Spoiled dogs are no more f to live with than spoiled childr and they are just as unnecessa Discipline can be—must be— part of the love you give yo dog, and it will increase the lo he gives to you. ■



My most back-breaking job as stockboy was getting the store cat to eat... till he discovered Tender Vittles.

He could have had anchovies or tuna fish or canned cat food.
Nothing worked.
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And from then on, it's been Tender Vittles all the way.

Tear off the coupon, give it to your cat, send him to the store – and see what he brings back.
I'm betting it's Tender Vittles.



Purina® Tender Vittles®
You'll both love it.

For your pet's health see your veterinarian annually

7¢ 7¢



Save 7¢ on Tender Vittles®

MR. GROCER: Ralston Purina Company will pay you the face value of this coupon plus 5¢ handling. If you have received it in accordance with the terms of this offer and if upon request you submit evidence that the Ralston Purina Company has purchased sufficient stock within the past 90 days to cover coupons presented for redemption, must be shown on request. Any sales tax must be paid by customer. This coupon may not be assigned or transferred. Offer void where prohibited, taxed or otherwise restricted. Limit one per customer. Cash value 1/20 of 1¢. To redeem this coupon mail it to Ralston Purina Company, P.O. Box 1107, Checkerboard Square, St. Louis, Mo. 63188. Good only on the purchase of one package of Purina Tender Vittles. Any other use constitutes fraud.

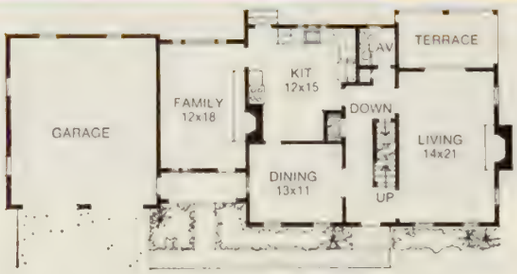
STORE COUPON

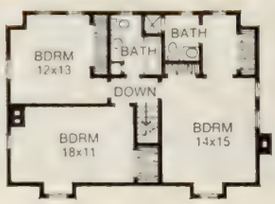
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Exclusive House Plans

from Better Homes and Gardens







A Family Home You Can Build. War and inviting, this is the perfect fami home. It has all the features you wa —excellent Dutch Colonial desig efficient floor plan, spacious com fortable rooms, cozy fire-places— and much more. Notice the larg kitchen; space enough for eating y conveniently located to dining roo family room and bath. In addition yo get the economy of a two story hom which keeps construction cost lo And this house will fit most city lot

You'll find this house is the answe to your dreams. It's a home yo friends will admire and you'll enjo for years.

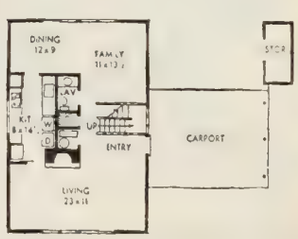
Plan 3512-A
70′x30′, 2,040 sq. ft.

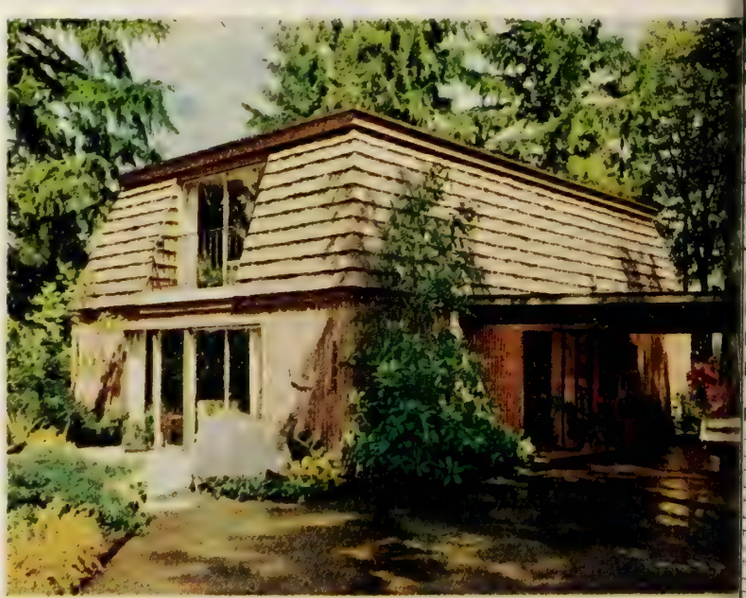
French Country Charmer is both practical and very distinguished in design. Practical because it's made of low maintenance materials such as grooved plywood siding. In addition, the central utility core cuts construction costs as does the bold mansard roof which also forms the wall of the upper level. Covered carport protects the main entrance and doubles as a sheltered play area for children. And this home will fit almost any lot.

Distinguished because its floor plan creates a feeling of spaciousness usually found in much larger homes. And, its old-world charm combines beautifully with striking, contemporary lines. Truly a home of pride and character!

Plan 3503-A 24′x36′, 1,728 sq. ft.







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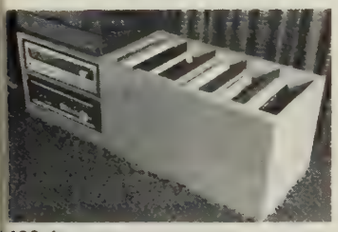
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PRICES: Home plans package is $25 for the first set, 4 sets $47.50. Additional sets $7.50 each. Please include postage and handling—$1.50 for one set, $2.00 for four or more sets.

How to order material from the magazine



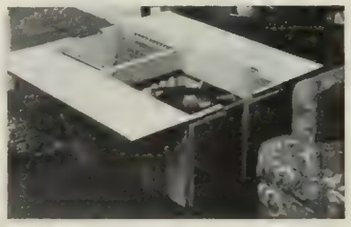
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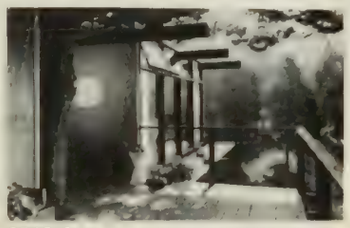
03-5

Project plans for the five units shown beginning on page 66 are available for $2 each with the coupon below.

Each plan includes complete working drawings, a materials list, and detailed assembly instructions. All of the units have a classic design suitable for almost any home and can be finished to suit your specific needs.



01-A



3510-A

ans for these houses are $25 each with the coupon below. dditional plans ordered at the same time are $7.50 each. A plan ckage includes drawings, materials list, and an outline of build- g specifications.

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OUR READERS FAVORITE HOUSE PLAN





Plan No. 3709-A

2,250 sq. ft. living area. 68′ x 36′ excluding garage.

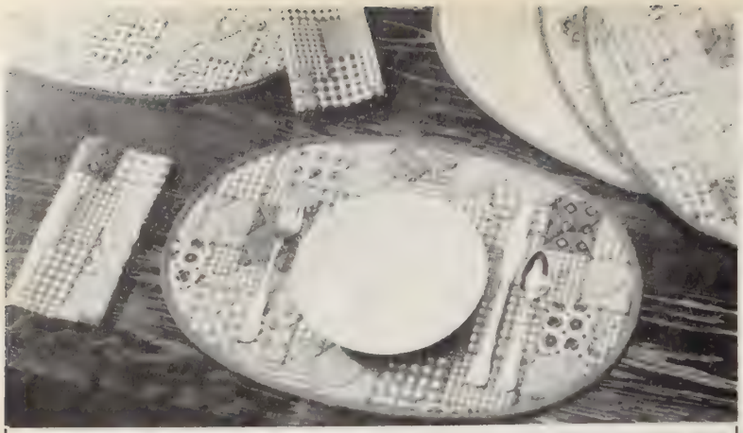
You'll enjoy peace and quiet with this outstanding home design. The excellent floor plan buffers each bedroom, provides a sense of spaciousness with a cathedral ceiling in the living room, and special decks for "outdoor" living. The kitchen is easily accessed from dining room, garage, or entry hall. You'll enjoy "get away from it all living" with this plan. Plans are $25 for one complete set, $7.50 for each additional set. Include $1.50 postage and handling for one set, $2.00 for two or more.

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2. Send Order, Remittance, Name and Address to:

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by Ann Lively



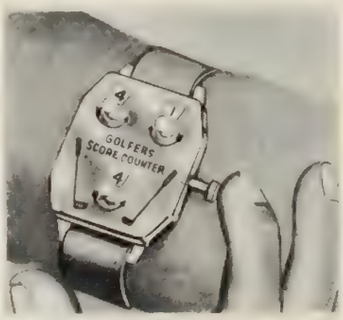
Puppy art prints

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Skiers will love this clever wire-n washer skier who serves as a reminder it's time to head for the slopes! Buy several styles to have on hand as gifts after those impromptu skiing events. Available in regular, falling, sitting or slalom (shown). All measure 3" or more high. $3.50 each postpaid. Style SK, specify type. Spear Eng., 3068 Spear Bldg., Colo. Springs, Colo. 80933.



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Grandmother plate

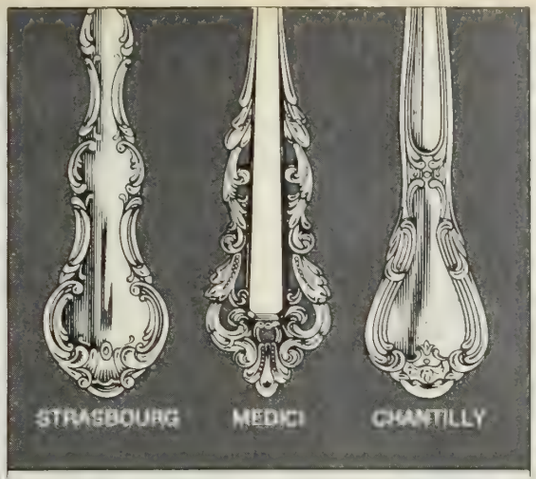
Is a handsome hand decorated plate made of Bavarian China. It is a 7½" collector's size and has a lovely violet border. So charming and personalized with the names of her own grandchildren and the word "Grandmother" in gold script, permanently fired into the glaze. $6.50 add $1 for each name. Order from Bruce Bolind, BH-3, Boulder, Colorado 80302.



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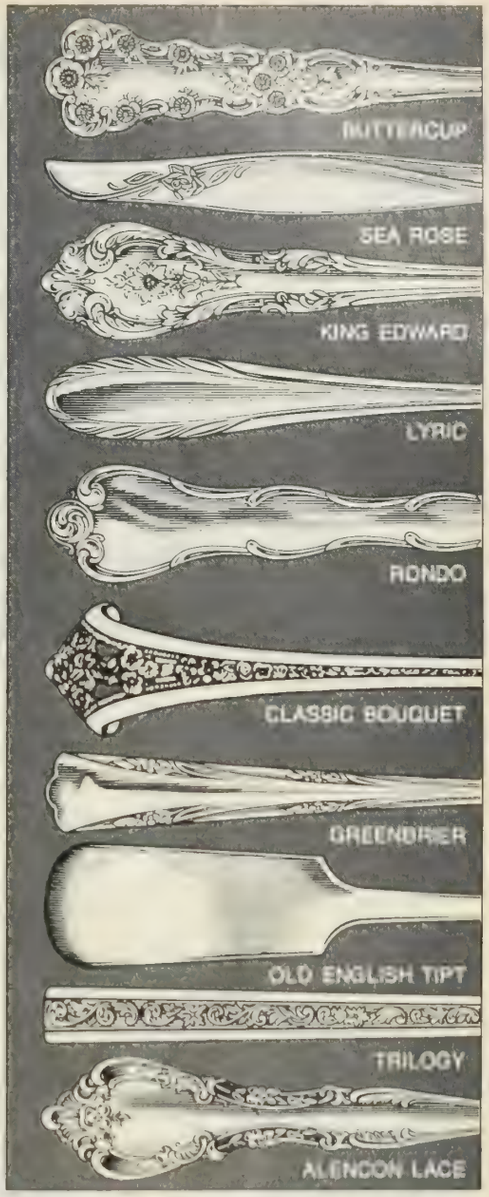




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___ Teaspoon	[illegible]	9.50	[illegible]	10.50	15.50	11.50	15.85	11.85
___ Place knife	16.15	14.15	[illegible]	15.80	20.80	16.80	21.15	17.15
___ Place fork	20.80	16.50	[illegible]	17.45	22.80	18.80	23.15	19.15
___ Salad fork	[illegible]	13.50	18.15	14.15	20.15	16.15	21.15	17.15
___ Place spoon	17.15	13.15	[illegible]	13.50	18.50	14.50	19.50	15.50
___ Spreader, hh, flat	[illegible]	8.20	[illegible]	8.85	11.50	10.50	14.85	10.85
___ Tablespoon, reg	[illegible]	27.10	33.10	27.10	36.40	30.40	37.70	31.70
___ Tablespoon, pcd.	[illegible]	27.10	33.10	27.10	36.40	30.40	37.70	31.70
___ Sugar spoon	19.55	15.80	19.80	15.80	19.80	15.80	19.80	15.80
___ Butter knife, hh	19.80	15.80	19.80	15.80	19.80	15.80	19.80	15.80
___ Cold meat fork	33.10	27.10	33.10	27.10	36.40	30.40	37.70	31.70
___ Gravy ladle	33.10	27.10	33.10	27.10	36.40	30.40	37.70	31.70
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Add $2.50 handling-shipping charge. Partial listing above. Complete sale [illegible] including Andante, Golden Medici and Golden Hispana patterns.

CREWEL ZODIAC GALLERY



The Leo picture illustrated here is one of 12 colorful designs from an exciting new Zodiac Gallery Collection. The other 11 pictures have equally delightful details. Each kit includes design on 17" x 22" linen, embroidery yarns, needle and instructions including directions for personalizing with name and birthdate. Finished size: 14" x 18". Send 55¢ postage with order.

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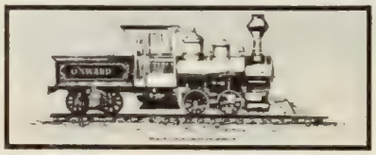
A lovely cardigan of washable orlon acrylic with a hand-crocheted look. Light in weight, yet comfortably warm on chilly evenings. Has pretty shell stitch; scalloped ribbed trim; easy shoulder; ¾ sleeve. Your choice of white, black, beige, pink or light blue. Sizes 32 to 46.

$5.98 plus 75¢ postage.

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4 EXQUSITE GREAT AMERICAN GIANT ART PRINTS



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606 POST ROAD, WESTPORT, CONN. 06880

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With Ball Fringe on Unbleached or White Muslin



20", 25", 30", 36", 40" long.... **6.50 pr.**
2 jabs to window as shown.... **13.00**
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VALANCE 9" x 80"..... **2.75**
Unbleached 80" wide per pr. White muslin 74" wide per pr.

For years New England housewives have used these charming Country Curtains in their homes. Practical, long-wearing, these unusually attractive curtains—of pure white or ecru-white muslin retain their crisp appearance with a minimum of care.

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handsome solid wood cabinet is finished in a warm antique
n finish that's blended and shaded by hand. It has a decorative
chart on the front of the door. The back contains a herb and
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ado Springs, Co. 80933.

INING SHOE
ED "DAWN"



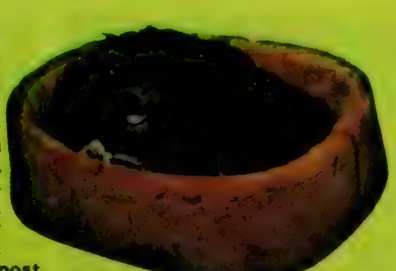
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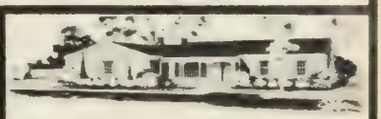
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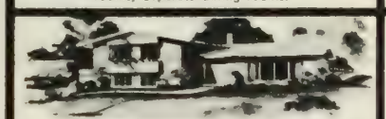
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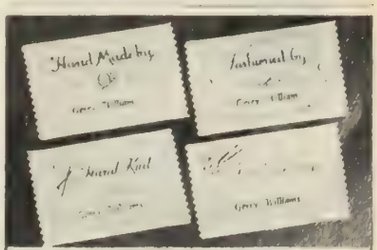
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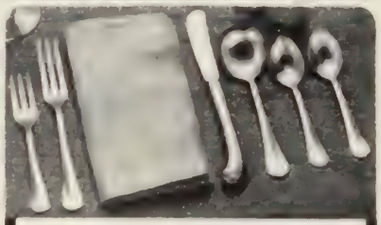
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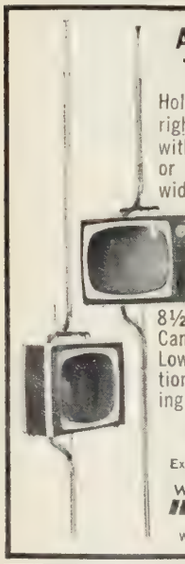
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Authentic Early American pattern is magnificently reproduced in lovely satin-finish stainless steel. Fabulous 50-piece set features genuine hollow-handled pistol-grip knives and graceful 3-tined forks. You'll set a truly elegant table. But supplies are *really limited*! Order today. Only $19.95 plus $1.00 postage.

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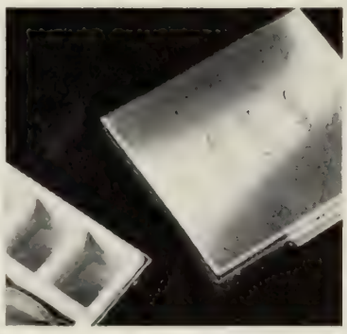
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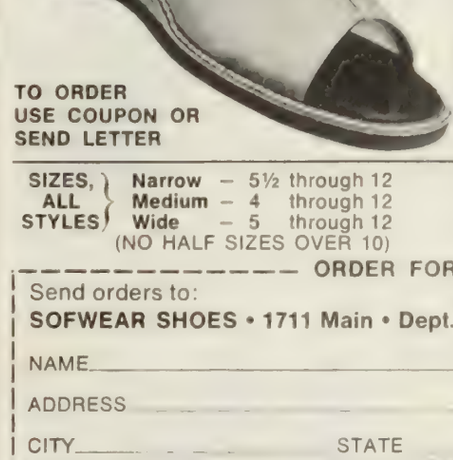
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"THE VILLAGE BLACKSMITH"



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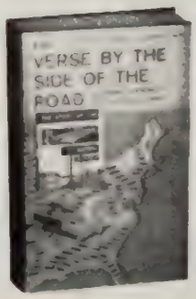
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Animal lovers "must have" the inviting sterling silver charms. P pleasers all . . . with a favorite bre of dog, cat or bird embossed front: Persian, Tabby, Siame Angora, Parakeet, Canary, a breed of dog. Specify pet's name be engraved on back. ¾" char $5.95. In 14-Kt gold $15. The Jam ca Silversmith, BHG3, 407 Rock way Ave., Valley Stream, N.Y. 115



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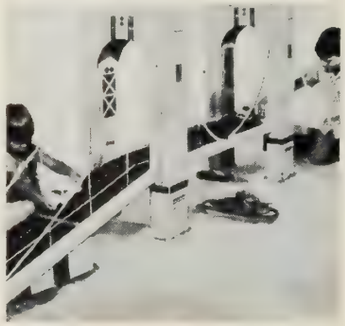
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What a great gift for your child or friends. When the puzzle's together, it's a picture of the Send any photo, black and wh or color (returned unharmed) you'll receive a black and white hand-colored die-cut jigsaw ph puzzle. 8" x 10". Black and wh $2.98; color: $3.98. Ppd. Cadly 2077 N.Y. Ave., Dept. BH Huntington Station, N.Y. 11746.



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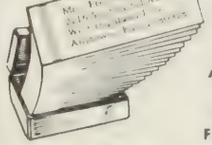
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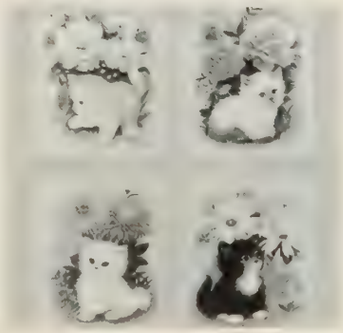
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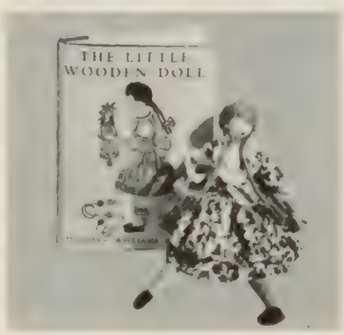
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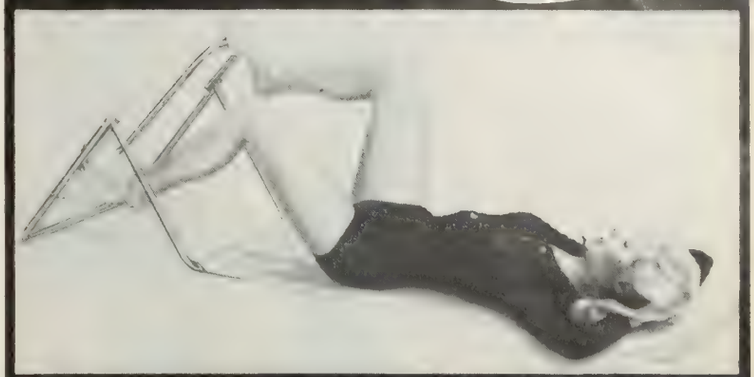
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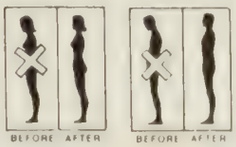
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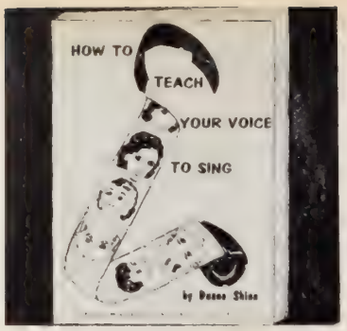


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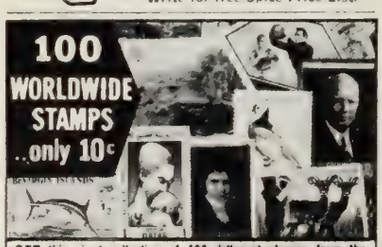
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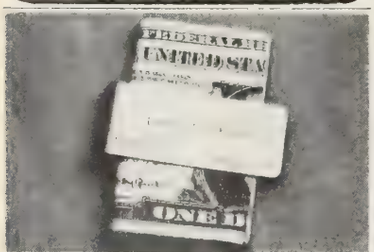


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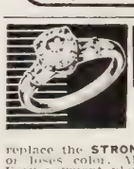
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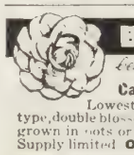
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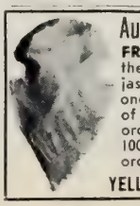


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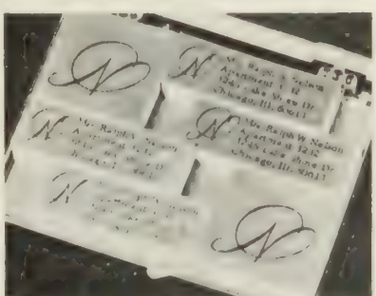
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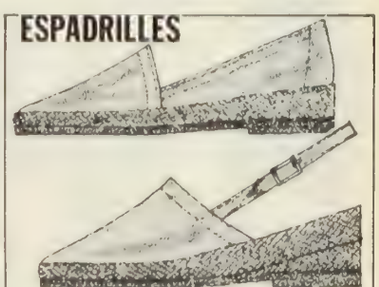
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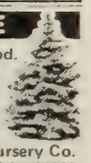


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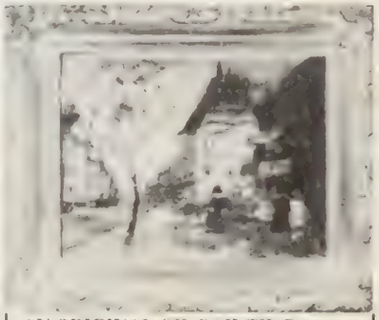
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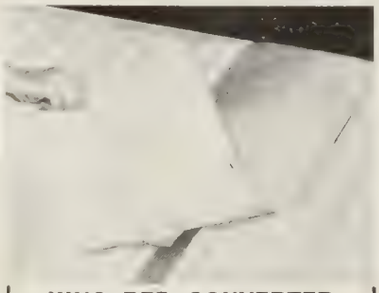
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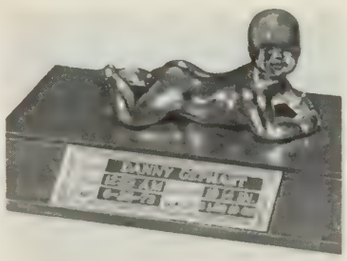
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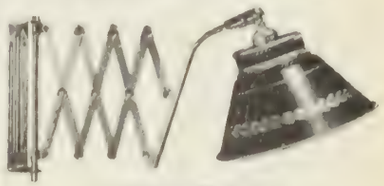
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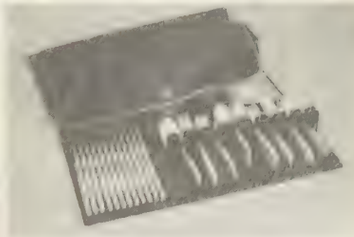
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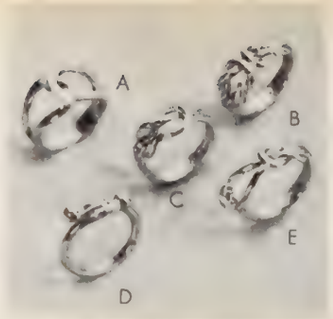
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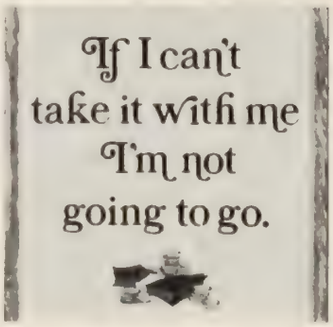
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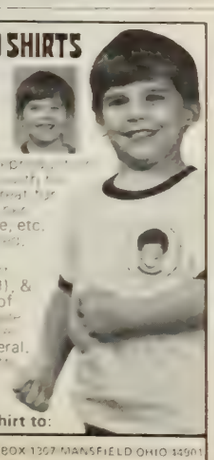
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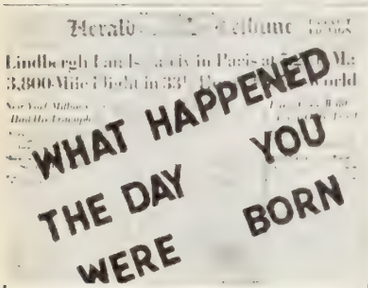
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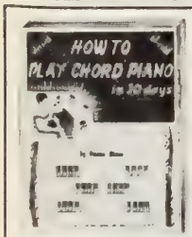
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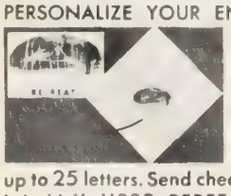
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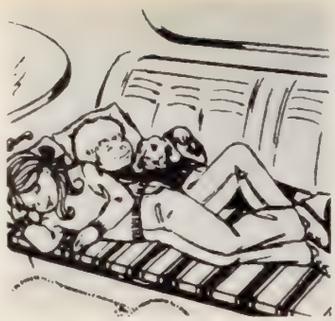


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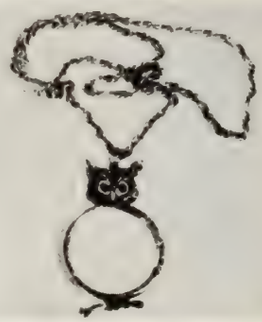
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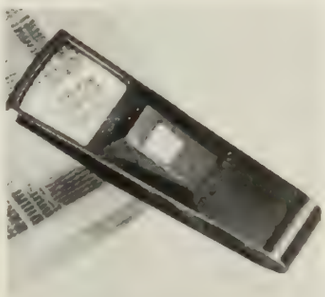
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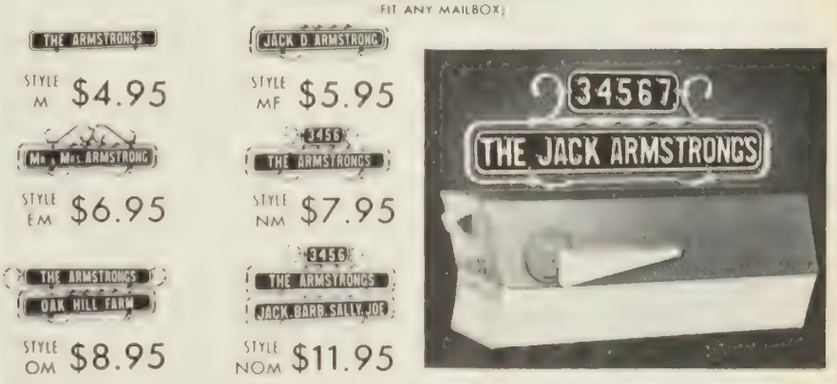
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The man next door

WHO SAYS THIS TRIP ISN'T NECESSARY?

Christine dropped the newspaper on the floor beside her chair, laid her glasses on the table and said: "Some of these gasoline priorities remind me of something George Hall keeps saying."

I gave her a puzzled look. Our minister says a lot of interesting things.

"You know—'Man shall not live by bread alone.' He wasn't talking about gasoline and business but he could have been."

Her eyes suddenly fired with a light that told me my gentle Christine was feeling rare anger and frustration.

"What's so holy about business driving? And what's so shameful about recreational driving?" she asked.

"Haven't any of the bureaucrats ever had family trips that meant more to their children than anything else in the world? Do you remember that trip to Mineral Bluff?"

I certainly did remember that trip. It was the first time that we had taken the three children on a nature study trip.

We hiked together, went hungry together, slept under stars together, watched a sudden rainstorm drown our campfire together, enjoyed all of creation together.

It was on that trip that Bud acquired his enthusiasm for studying rocks. Neither of us will ever forget the moment when he broke and scaled away at a rock and finally pried out a large garnet.

It was on that trip that Judy first saw a hummingbird and that Rosemary ran shrieking to call us to see scores of butterflies settled beside a mountain brook.

The wood crackled in the fireplace as Chris and I talked of this and other family trips. We knew what they had meant to Rosemary, now 18 and away at college, and to the two who were studying upstairs.

We agreed that the gasoline that took us on those trips was worth far more than many minor business trips I had expended gasoline on. We reminded each other that those recreational nonbusiness trips had meant much to the tourism industry.

Still, we agreed that some things about the energy shortage appealed to our sense of self-reliance and our inbred American frontier spirit.

Who cares if the able-bodied must do more walking and bus riding and bicycling? I might even take up roller-skating on errands, just for fun. No problem.

Who cares if we shiver a bit in the winter as our forefathers did? Who cares if we sweat in the summer? A little more shivering and sweating might make all of us more human.

Who cares if we're taking second looks at nonessentials like electric toothbrushes, electric can openers, electric back scratchers, etc.?

But I oppose the view that says any business ought to have a priority on energy regardless of what that business does for the rest of us. We all know of products that are harmful or silly or completely devoid of any benefit whatsoever. Who decides that it's more important to use energy in the manufacture of useless products than for me to have a vacation?

I oppose the view that upholds the occupational use of energy over recreational use, regardless of the occupation. Is it vital to our economy that the porno film place in our town operate or that its owner have gasoline to get to work?

And I boil, really boil, at the suggestion that the energy shortage somehow is the fault of the wasteful consumer.

For who has been encouraging us to consume? Only (1) manufacturers (2) power companies and gasoline sellers and (3) governments that smile at easy credit.

Aren't some of them among those who for years helped block mass transit, the transportation we now are being encouraged to use?

Aren't they at least partly responsible for the fact that our cities are glutted with cars and our rural areas with car graveyards?

Do they bear some of the responsibility for the fact that our countryside is paved with highways and our homes are filled with bigger power-consuming devices?

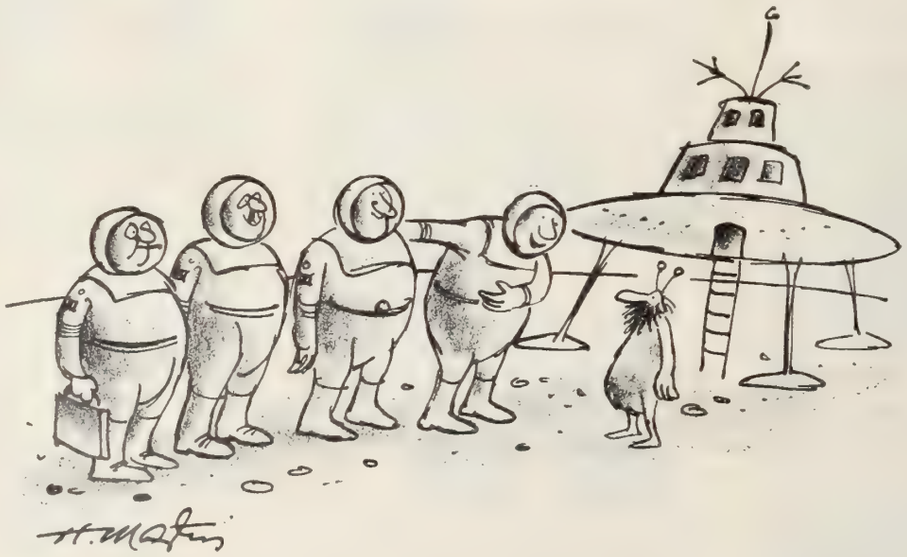
It would be refreshing to see more humility on the part of those people who now damn the consumer and who wrap the cloak of virtue around themselves.

Hmmm, I seem to have become a bit aroused for a man who started out to tell about a quiet chat with his wife.

But I wonder if thousands of others don't share these feelings: A kind of quiet pride in the ability of your family to cope with whatever problems develop—but a deep suspicion that you have been fooled by somebody, somehow, somewhere and a fear that the country's values have become cheapened and too money-oriented. I'd like to know how you feel about all this. If you have a chance, write to me in care of: The Man Next Door, Better Homes and Gardens, 1716 Locust Street, Des Moines, Iowa 50336.

Deep beneath my mixture of feelings, in any event, is the confidence that the Hillises and our neighbors in this town and throughout America will endure. We will endure because the concerns of our hearts transcend the bread of business and occupation, essential and valuable though it may be. ■

Burton Hillis

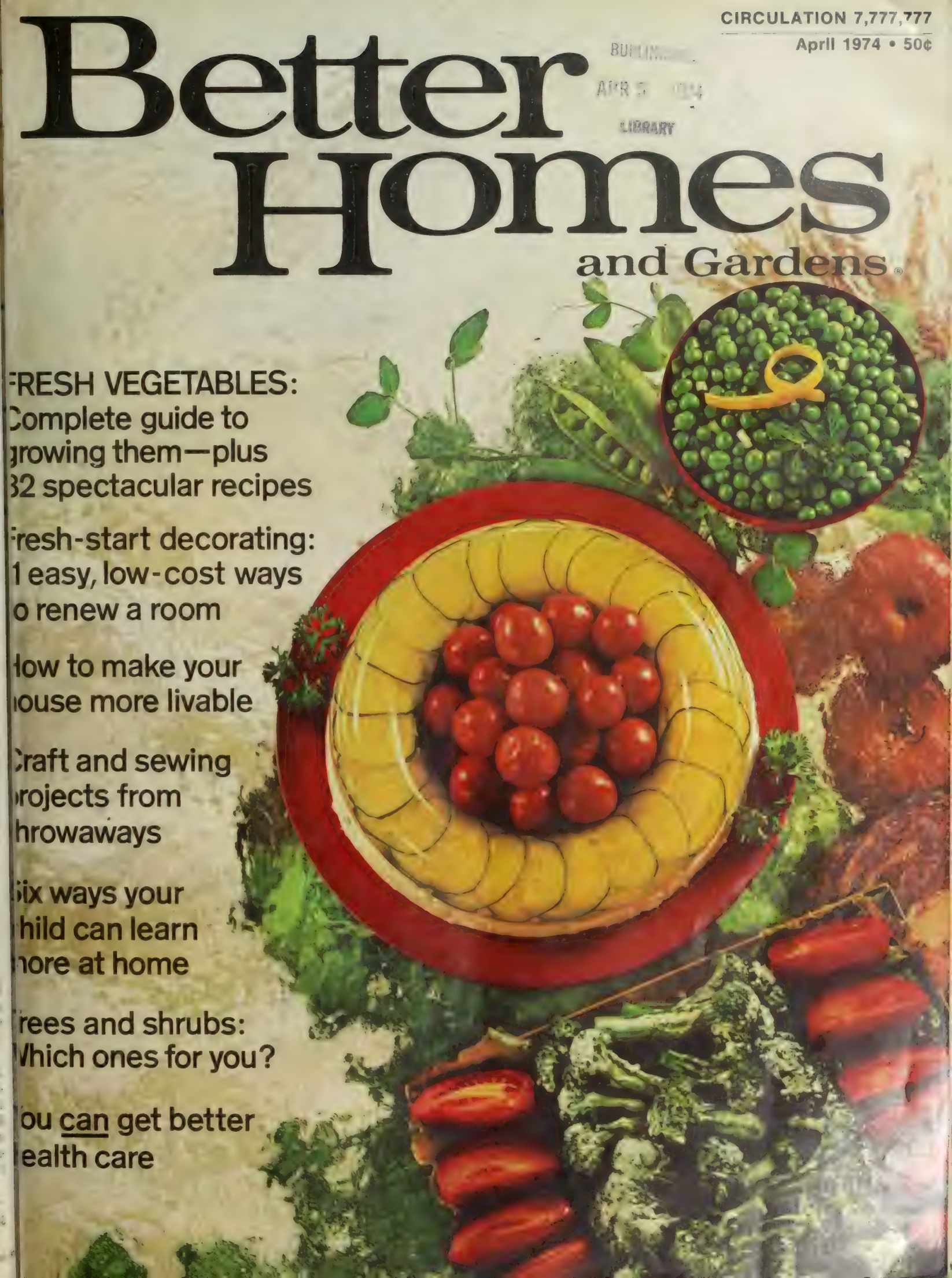


"Hi! I'm Professor Wattley of Harvard, here to study your geology and this is Professor Dudley of M.I.T. to study your atmosphere and this is Dr. Wallower of Johns Hopkins to study your people and on the end, over there, is Mr. Bengart of TelTex industries to see how he can turn a buck out of all this."

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Where does your food dollar go?



Middlemen: do they add too much to your grocery bill?

By Fred Bailey

Editor's Note: *Consider this: We eat only about six percent more food per person than we did a decade ago, but we spend 80 percent more money to get food from the farm to—and through—the checkout counter. With the exception of this past year, rising middlemen charges have been the major reason for higher food costs—now an average of 60 cents of each dollar spent for food.*

More precisely, our national marketing bill for food has increased during the past ten years from $50 billion annually to nearly $100 billion. An increase of this size entitles us to know what's happening here, and in this, our fourth in a series of articles on the American food industry, we find out.

Our food processing and delivery system is admittedly the most streamlined anywhere in the world. We enjoy more food, more choices, and more nutrition for a smaller share of our income than do any other people. Food manufacturing and marketing are among our most efficient industries. Yet there are barriers that stubbornly stand in the way of making our food system even more efficient than it is—and in the way of lower food costs.

To the extent such barriers exist, too many of your food dollars *are* going to middlemen. For the most part, however, higher middlemen charges are traceable to the higher costs middlemen themselves must pay.

Factories and stores cost more to build and operate. Machinery costs have soared. So have packaging materials, transportation expenses, and wage rates, not to mention the ever-increasing federal, state, and local taxes that must be passed along to consumers in the price of food.

These pass-along costs, says the U.S. Department of Agriculture, account for more than three-fourths of the increase in middlemen charges. The roughly $1,800 a family of four will pay to food middlemen this year is almost $800 higher than ten years ago, and just over $600 of it is simply pass-through of the middleman's own higher costs.

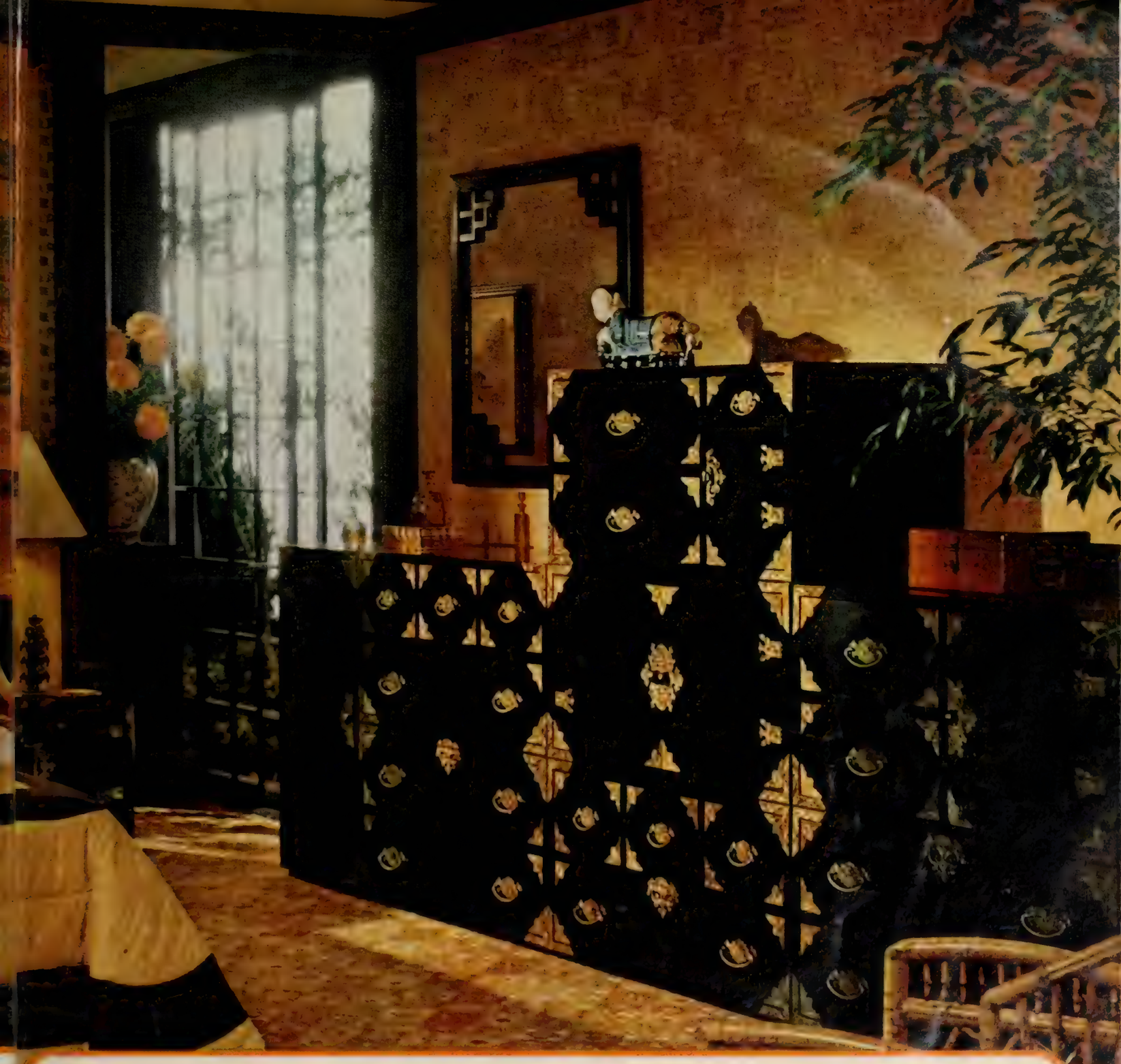
Allegations that middlemen are reaping large profits at the expense of consumers aren't supported by the evidence. From 1964 to 1972, the latest year for which figures are available, after-tax corporate profits in the food industry increased from $1.4 bil-

continued on page 26

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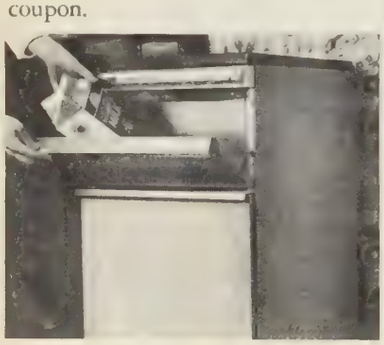
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THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — APRIL, 1974; VOL. 52, NO.

FOOD
42 He cooks—Good food from scratch
88 How to make the most of those homegrown vegetables
96 Baked Alaska made easy
99 Prize tested recipes
108 Passover celebration dessert
110 Win money for your recipes
112 Guide to oriental ingredients
132 Wholesome whole grain biscuits
134 Choosing chocolate
137 Homemade sour cream
148 Shapely food ideas
152 Full employment for electric skillets

OF CONCERN NOW
2 Where does your food dollar go?

FAMILY HEALTH
6 What are your rights as a patient?
66 How serious are nosebleeds?

FAMILY LEGAL MATTERS
68 What if you're named executor of an estate?

DECORATING
72 Decorating: big effects from small changes

HOME ENTERTAINING
78 Tables: big effects from small changes
109 Short and sweet centerpieces

PETS
150 How much to house a horse?

FAMILY TRAVEL
141 Florida: after Mickey Mouse, what?

GARDEN
12 Houseplant how-to
62 Gardening in April
80 Undemanding trees and shrubs
84 The complete vegetable garden—in your own backyard

EDUCATION
32 Six ways to help your child learn more

CONCERNED CONSUMER
16 Consumer complaints: what to do if you don't get action

FAMILY MONEY MANAGEMENT
40 What's the best place for your savings?

BUILDING
46 Six ways to make your house more livable
156 Adding an outdoor outlet

CRAFTS
52 Recycling: a thrifty new craft for the whole family
94 Spring sewing: an exclusive wardrobe—from one pattern
127 Pattern back views

CARS IN YOUR FAMILY
22 Racking your luggage
36 Camper travel—don't count it out yet!

NEWS AND SHOPPING
56 Good news
154 How to pick stereo headphones
160 Shopping editor's choice

For shopping information on products shown in this issue, see Buying Guide, page 147

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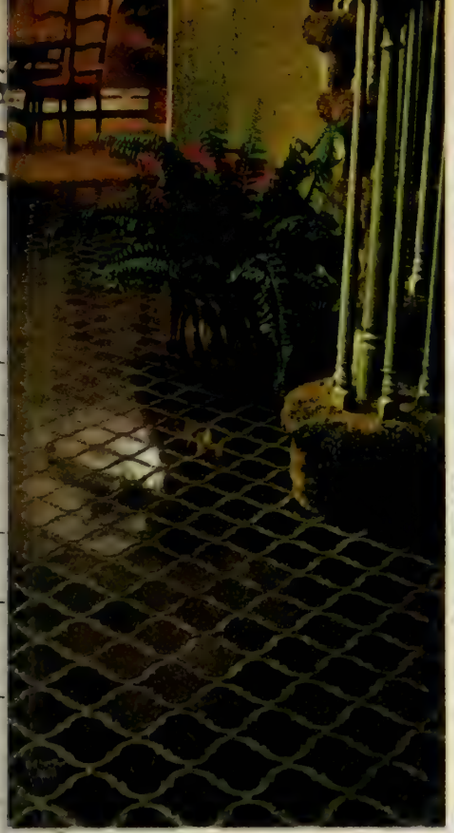
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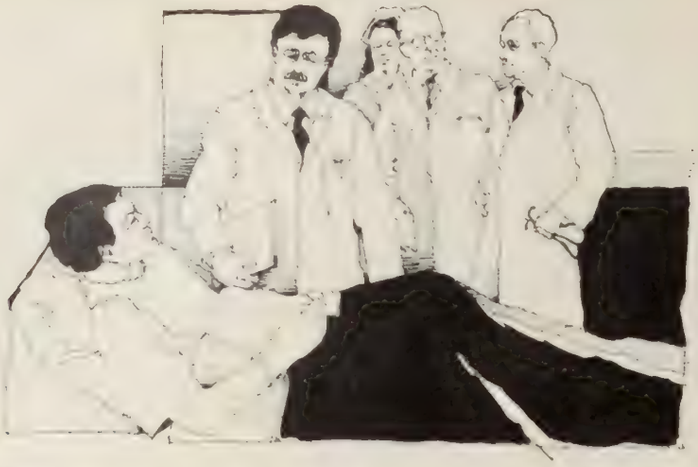


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What are your rights as a patient?

During a school health examination, a heart murmur is detected in a seven-year-old boy and reported to his mother. When she asks the family doctor about it, he merely waves aside her concern and puts her off by saying, "Don't worry about it."

A young man consults a neurologist about recurring headaches. After examining him, the physician states that he has found nothing wrong and sends him on his way. No suggestions are offered as to how to obtain relief or pursue the matter.

A family paying $28 a month for health insurance finds that their son's appendectomy leaves them obligated for $300 over the amount covered by their policy, just for hospitalization. For a while, they refrain from seeking any medical care at all, even when it is clearly needed, rather than add to the debt.

In these three cases, disappointment and frustration were encountered in connection with health care. And these examples are but a small sampling of the endless ways in which efforts to secure the best health protection can be stymied. Among the many roadblocks are long waits for emergency treatment, impersonal doctor-patient relationships, soaring medical costs, and language barriers. Where does the fault lie? In the trend toward specialization? Some say so. In runaway technology? Probably, to a degree. In the shortage of doctors? Of course. In American mobility? That, too. But the real question is, can the patient do anything about it? The answer, in a word, is *yes*.

As the circle of interest in consumer affairs grows wider, it has come to include the practices and problems of medical care. In the light of what is being learned, the totems of old are beginning to topple. The patient, who is no less a consumer than when he pays for any other service, is being released from his role as the silent nonparticipant in his own health care, and given a voice. What's more, he's being encouraged to use it as a means of exercising his rights. What do "rights" have to do with medical care? A great deal. They are the lever by which a patient can maintain his fair share of control over what's happening to him.

Here's a rundown on your rights as a patient, and some of the ways they can work to your advantage:

You can be selective

It is perfectly permissible to check out the background and training of a member of the medical profession. The inquiry, which can be a direct one, is not likely to offend the doctor who recognizes your right to quality care. Most doctors will, in fact, readily supply you with pertinent information about themselves on request, and without rancor.

Another way to make sure that a doctor is qualified to treat you is to contact your local or county medical society, or your neighborhood or community hospital, for information. While they will not recommend one physician over another, they will give you the names and qualifications of as many accredited physicans in your area as you might care to have. And if you think you need to see a specialist—a gynecologist or an orthopedist, for example—bear in mind that general practitioners have usually made enough contacts in the community to help you select one who is conscientious and competent, as well as qualified. Doctors do not, as is sometimes rumored, profit from referrals; not, anyway, if their license to practice medicine means anything to them.

Bear in mind, too, that well-directed inquiries can protect you from falling into the hands of quacks who, despite the law, still manage to exploit the health needs of unsuspecting victims. Generally, it's a good idea to be wary of any practitioner who guarantees an instant cure for serious or chronic ailments, uses one method of treatment for all disorders, produces written testimonials from patients as proof of his medical capabilities, or rails against the injustices inflicted upon him by the medical profession.

You can change doctors

Staying with the same doctor has obvious advantages. He's formed a medical picture of you in his mind, and he's recorded your past illnesses, your health problems and assets, and the results of tests you may have taken. If you've been seeing him for any length of time, he's also had the opportunity to get to know you as a person, as well as a patient. All of this can prove to be valuable when you come to him for medical advice.

At the same time, the mere fact that a doctor has your medical history in his files shouldn't bind you to him if you're not completely satisfied under his care. Neither should embarrassment or a misplaced sense of loyalty. Unless you value your doctor's judgment and trust him enough to follow through on his recommendations, you're doing yourself, and probably him as well, an injustice. Records can easily be transferred and no one, least of all the medical profession, would dispute your right to seek out a doctor in whom you can have full confidence.

You don't have to settle for a single opinion

According to the dictates of medical ethics, you're well within your rights when you set out to corroborate the findings of any doctor. Most doctors would not, of course, hesitate to call a consultant or send you to a specialist if they have any uncertainties about your condition. Even if the doctor seems to harbor no doubts, but you do, there's reason enough to obtain a second opinion. You can ask that a consultant be brought in on your case, or take the initiative yourself.

A second opinion can be particularly helpful when it comes to the advisability of surgery, which is sometimes debatable. One doctor might, for example, believe in routinely removing tonsils and adenoids, while another suggests the operation only if they are clearly causing a health problem. The necessity for other commonly performed operations, such as hysterectomies and hemorrhoidectomies may likewise be

continued



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continued

Patient's rights?

open to question.

There is, in addition, always the element of risk and the danger of complications to consider when contemplating surgery. Explore all alternatives before agreeing to an operation. Here two medical opinions—preferably your family physician's and a surgeon's—are better to work with than one. And a third opinion, obtained independently of the other two, can't hurt either.

You're entitled to a reasonable amount of time and attention

A "good doctor-patient relationship" is a phrase that is bandied about freely today, but it means different things to different people. While one patient wants his doctor to be a confidant, another wants his to stick strictly to medical matters. Others might seek solicitude, cautiousness, a "gentle touch," or a sense of humor in a doctor.

Whatever you, personally, may expect from your doctor when you go to him with a health problem, you have a right to expect that he has set aside the time, and summoned up the interest, to: (1) give you a chance to talk about the problem, (2) examine you, (3) record the details, (4) discuss it with you, (5) suggest what steps you can take to solve it, and (6) answer any questions you may have. Moreover, you have a right to his undivided attention (except, of course, for unavoidable interruptions like emergency calls) during the time allotted to you.

And you have every right to expect the following as well: *Privacy*—You should be able to talk frankly with your doctor without fear of being overheard. Your remarks or revelations should be held in the strictest confidence. Your health records are privileged information and should not, unless you give your permission, be made available to anyone who is not directly involved in your care.

Continuity of care—A competent backup doctor should be standing by to answer your calls, take over your care, or respond to any emergency that may come up when your own doctor is unavailable. Your doctor should be prepared to explain how and where you can get such services as rehabilitative treatment, outpatient care, and hospital care at home if you need them. It is also a doctor's responsibility to arrange for hospitalizing you or transferring you from one hospital to another, if the occasion arises.

The preservation of personal dignity—The manner in which you are cared for should in no way be affected by your race, creed, cultural background, or social standing. Neither should your financial situation or the source of your payment have any bearing on the respectful and considerate care that is every patient's due.

Full information is yours for the asking

"What the patient doesn't know can't hurt him," may have been a byword in the medical profession at one time, but not any longer. The tendency today is for doctors to come out from behind the smoke screen of technical terms and level with the patient. That means, in effect, that you not only have the right to ask questions, you have the right to expect truthful answers and explanations you can understand. You have the right, in other words, to know as much—or, for that matter, as little—as you want to about your condition, care, or treatment, including the doctor's diagnosis, the purpose and results of tests, and the name and possible side effects of medications he may prescribe.

According to some recent psychological studies, surgical patients in particular suffer much needless anxiety when they are kept in the dark. While it's true that anyone who faces surgery is bound to be somewhat apprehensive, it's equally true that fear of the unknown only intensifies such feelings. A surgeon can, in a matter of minutes, provide the reassurance that comes with knowing, in advance, exactly what will happen during any medical procedure related to surgery. That brief explanation can help a patient immeasurably, and should not be regarded as "taking up too much of the doctor's time."

You can refuse treatment

You have the final say-so and can, whatever your reason, refuse to go along with any and all forms of proposed medical care. An exception to the rule, of course, would be if your refusal endangers the life of a minor or a person who is incapable of speaking for himself, or jeopardizes the health of the community. Other than that, a doctor can do no more than fulfill his role as an advisor concerning your health; whether or not to act on his counsel is your personal decision.

Needless to say, the decision to refuse treatment is not one that

continued

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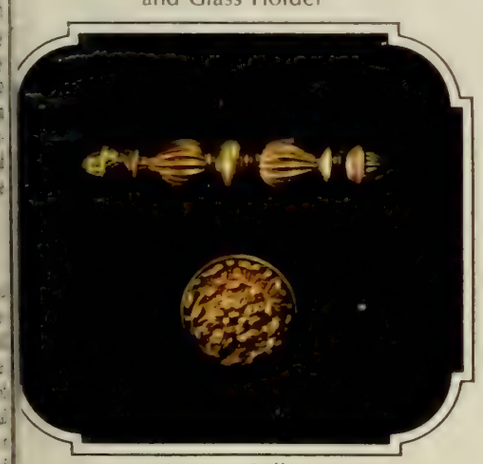
Counter Top Toothbrush and Glass Holder



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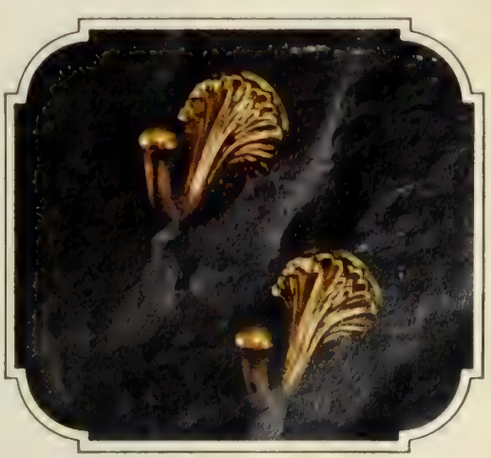
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New Kirsch bath accessories are as durable as they are decorative—as you'd expect from Kirsch, world's leading maker of drapery hardware. All metal parts are solid cast and given a tough acrylic coating.

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For the store nearest you, call toll-free anytime: 800-243-6000 (in Conn.: 1-800-882-6500). Or write Kirsch Company, Sturgis, Michigan 49091.

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where quality still means something.

continued

Patient's rights?

should be made arbitrarily and without due consideration. The doctrine of "informed consent" by which the medical profession abides takes into account your right to be advised of the possible consequences of your refusal. It also confers on you, by its very wording, the right to know the disadvantages as well as the benefits of your treatment. Once you've seen all sides of the issue, you'll be in a better position to decide whether to accept or reject treatment.

A natural extension of the right to refuse treatment is the question of the terminally ill patient. Does he have the right to choose death in preference to artificial or mechanical aids that can keep him alive, but cannot improve his condition or lead to his recovery? Several courts have ruled that he does have the right, but the privilege of choice is his alone.

You're not obliged to participate in experiments

Admittedly, new drugs and new surgical procedures must be tried out on someone before they gain acceptance as conventional methods of treatment. But if you happen to be that "someone," you certainly have a right to know it. What's even more important, you have a right to know if you are being exposed to any danger. As a patient, your needs and safety are of primary importance; as a subject in a scientific study, they could, conceivably, take second place to scientific knowledge.

You may, of course, be willing—either for the sake of your own health, or for medical advancement—to take part in a research study or submit to experimental treatment. But even then you would be well-advised to withhold your consent at least until you have gathered all the relevant facts and satisfied yourself that the prospective gains actually outweigh the possible risks.

Medical costs must be disclosed to you

Discussion of medical fees has traditionally been a delicate subject. Doctors have avoided bringing it up for fear it might make them sound mercenary, and patients usually don't mention it perhaps in the belief that they would be creating the impression that money is more important to them than their health. To bridge the communications gap, the President's Price Commission has asked that signs indicating willingness to discuss fees be displayed in doctors' offices. But sign or no, you have a right, and the need, to know just what your medical care will cost. You can find out simply by asking.

Fees for medical care do not, of course, always coincide with medical insurance coverage. That makes it imperative to familiarize yourself with the exclusions and limits of your policy. If the terms are not spelled out clearly, or if they are presented in incomprehensible language, request clarification. The insurance company that refuses to comply is suspect. You have the right to know what you're paying for, the



right to collect all that is coming to you.

You can apply your rights to hospital care

A hospital's first responsibility is —and always has been—to its patients. The trend today is to reassure the patient of that fact by affirming, in writing, his rights while under hospital care. According to the determinations of the American Hospital Association—which urges its member hospitals to relay the information—a hospital patient has rights that include those already outlined and the following as well:

- The right to ask for an explanation of the consent form he is given to sign when he's admitted
- The right to refuse to agree to a section, or sections, of the standard consent form and still receive the best possible care the hospital can offer under the circumstances
- The right to be informed of any special rules regarding diet, visitors, telephone calls, and the like, that apply to him
- The right to know the names of the persons in whose charge he has been placed
- The right to refuse to be observed for purposes other than his care and treatment
- The right to inquire into any aspect of the hospital's administration or affiliations
- The right to examine his bill and request an accounting
- The right to emergency care without reservation
- The right to leave the hospital without his doctor's permission, as long as he or she absolves the hospital staff of responsibility and is not carrying a communicable disease
- The right to be informed of the reason if he is to be transferred to another facility, and to expect that the hospital will assume the responsibility for making the necessary arrangements
- The right to adequate and clear instructions in self-care and health maintenance after his discharge from the hospital
- The right to complain if he is dissatisfied with the care he receives.

Some hospitals are taking the patients' rights concept a step further by inviting their patients to fill out a questionnaire where they can evaluate the care they received during their stay and offer suggestions for improvement.

Finally, volunteers known as patient representatives, or ombudsmen, have appeared on the scene in some 400 hospitals across the country. In general, a patient representative acts as a liaison between the patient and the staff, thereby cutting red tape and facilitating the solution of problems. Specifically, he may be called upon to perform a variety of duties such as conveying a complaint about food service, interpreting for a non-English-speaking patient, and keeping concerned relatives posted. Overall, he helps humanize hospital care. And always his main objective is to see to it that patients' rights are observed. ■

(Written in cooperation with Lilian Rothman, a noted medical writer.)

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Your children will love these fruity-tasting snacks, especially after school.



1. Take out a few minutes after the kids leave for school and prepare their favorite flavor of Jell-O Brand Gelatin, according to package directions.



2. Now pour the liquid gelatin into paper cups. (Pouring from a measuring cup makes it easier.)



3. Next, if you like, add fruit or marshmallows or whatever you happen to have on hand.



4. Then just place the cups in the refrigerator. Chill until firm. And when your children come home, they can have a light Jell-O Gelatin snack that won't spoil their appetites. Making great snacks is easy when you start with Jell-O Gelatin.

Ingredients
1 package (3 oz.) Jell-O Gelatin, any flavor
1 cup fruit or marshmallows (optional)

Start with Jell-O.

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Would Looking Younger Satisfy Your Secret Self?

Yours is undeniably a busy life, whether you have a career or run a fast-paced household. You may even be one of those remarkable women who manage to do both. Your myriad activities are fulfilling, and also time-filling. Sometimes you look at yourself and wonder where the years have gone. You look older than you'd like, and you'd love the sheer, self-satisfying pleasure of looking your youngest.



Now indulge yourself a little. Soothe away the complexion dryness that accents the little lines and wrinkles that make you look older. Pamper your skin with an unusual blend created by beauty researchers especially to help women like you look their youngest. Share the secret of enlightened women in countries around the world who have known for years of the beauty benefits of this unique fluid, known in the United States as Oil of Olay beauty lotion.

Your skin all but drinks in this treasured blend, with its wealth of natural moisture, its rich tropical moisturizing oils and other emollients. Oil of Olay penetrates the all-too-visible surface layer of the skin to work with nature in maintaining the balance of oil and moisture needed for your most youthful look. The precious fluid, compatible with your complexion, helps retain nature's own moisture, an added benefit when natural moisturizing fluids diminish. With faithful use, you will soon achieve a new confidence in your appearance, as suppleness and radiance begin to return.

For the most rapid and beneficial results, join the younger-looking women who use Oil of Olay twice a day. In the morning, to provide a moist climate for your complexion and as a quick-penetrating, non-greasy make-up base. Again at bedtime, to let the beauty blend work quietly through silent hours of sleep.

You will find Oil of Olay at your drugstore. Discover, for yourself, the pleasure of looking your youngest, beginning this very day.

Beauty Hints

In your rich, full life you need a little time to yourself. Steal a few moments to lavish Oil of Olay on your face and throat, and then lie down for a moment. It's a lovely break in your day.

* * *

When you freshen your makeup at noon, reapply Oil of Olay® under your cosmetics to let them stay fresh for hours. You'll face the rest of the day more beautifully.

HOUSEPLANT HOW-TO

Photograph: Stanley



A plant for fun

The sensitive plant *(Mimosa pudica)* is usually classified as a plant for children, but adults also find it entertaining. Everyone marvels at how the leaflets close up when touched with a pencil or finger.

The plant is short-lived but so easy to grow from seed that you can always have a supply on hand. Plant the seeds as soon as you receive them—four or five to a four-inch pot. If they all germinate, transfer one or two to three-inch pots. In this way the remaining ones aren't too crowded but still make a pleasant little forest.

Seeds germinate in six or seven days and plants produce their lavender-pink fuzzy flowers in about six months. If you set your plant outside where bees can get at it, seed will form and you'll have your own starter supply for future plants.

Sensitive-plants are now widely available in garden centers and nurseries. They're usually in two-inch pots, mixed with a conglomeration of houseplants or plants for terrariums. This plant is not suitable for a terrarium; it grows leggy too quickly and ceases to be amusing.

You can sometimes make straggly plants bush out by cutting them back, but it's so much easier just to start over from seed.

Starting an old amaryllis

Any amaryllis you received this past Christmas has green leaves now. All you do is water it and feed it lightly once a month until you can set it outside when the weather warms up.

But there's the bulb from year before last, which has been wintering in a box of dry vermiculite. Check it. Chances are you'll find it starting to put out pale green growth. Plant the bulb in a pot that's only about a half inch bigger all around than the bulb itself, leaving the bulb abou one half exposed. Make the so porous—one-third sand or ver miculite. Water cautiously unti growth is well under way. Th growth should be the new flowe stem, but may be the leave Amaryllis can be erratic, bloom ing either with or without th foliage. This is especially tru after the first year when you bulb has been treated for bloom ing at a specific season. The no mal flowering time is late sprin or early summer.

You can keep your amaryllis i the pot or plant it out in th ground after danger of frost ha passed. If you put it outsid choose a location that gets mor ing sun or filtered light all da

Photograph: Hopkins



A good low grower

Pellionia has dark green leav with silvery green centers. T new growth is red. They're goo for a small hanging basket or a ground cover in a planter. Ke plants moist at all times or a le here and there will drop off. they get too stringy, simply ta tip cuttings and root them. In reasonable time you'll ha plants to give away.

Clean plants for health's sake

Your plants will grow and lo better if you clean off all t dust that has accumulated them during the winter. You c wash plants at the sink, but t water will leave marks yo have to rub off. Use skimm milk instead. Pour some into small bowl. With one wad cotton, wipe leaf with the m then wipe off the milk with other cotton wad. This metho especially satisfactory for lea that should be shiny, such as r ber plant, corn dracena, spathiphyllum. For hairy pla (African violet and gloxinia) a very old, soft toothbrush o cotton swab (dry—not dippe milk or water).

Special Cookout Offer.

Stainless steak knives by Oneida and carving sets by Imperial that complement your flatware.



Make your summer cookouts even more festive with these stainless flatware accessories. At special savings, we're offering a set of six steak knives, a carving set and a salad/serving set in patterns that will either match or complement your flatware.

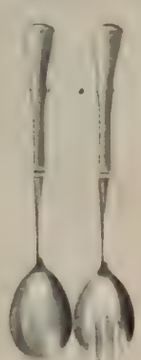
Choose Early American Patrick Henry, the bold Spanish look of Isabella, timeless My Rose, Scandinavian Vinland, traditional Chatelaine, or Via Roma in Mediterranean style.

Now is a wonderful time to prepare for a festive season of outdoor entertaining. And what better way than with these special pieces at these special savings.

Betty Crocker

A set of six steak knives in Oneida Community Stainless is just $6.95. Carving sets and salad/serving sets by Imperial Knife Co. are $5.95 ea. Stainless sets of this quality cutlery by Oneida and Imperial would easily cost twice as much in stores.

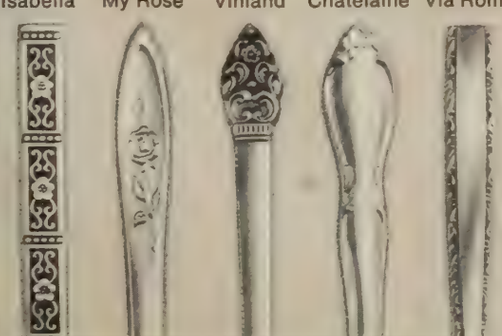
Add to your stainless from time to time with individual pieces from open stock at big savings with Betty Crocker Coupons. Discover hundreds of other lovely items to save for in the Betty Crocker Coupon Catalog included with your order. You'll find Betty Crocker Coupons on more than 175 General Mills products.



Patrick Henry

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Isabella My Rose Vinland Chatelaine Via Roma



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I enclose $_____(check or money order). Please send me the sets ordered below.

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☐ P. Henry ☐ Isabella ☐ My Rose
☐ Vinland ☐ Chatelaine ☐ Via Roma

☐ 2-pc. carving set(s), $5.95 each ☐ 2-pc. salad set(s), $5.95 each
☐ P. Henry ☐ Isabella ☐ My Rose
☐ Vinland ☐ Chatelaine ☐ Via Roma

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Address_____

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There are 4500 True Value Stores in 50 states. For one near you look under "Hardware" in the classified phone directory.

Yellow Pages

CONCERNED CONSUMER Sally R. Campbell

Consumer complaints: what to do if you don't get action

We've all had to complain at one time or another about a faulty new appliance, an inadequate "repair" job, or a fouled-up bill that was spewed out by the computer. But what to do when you don't get a response to your complaint?

Before you give up or grab the phone to call Ralph Nader, take a look at the possibility that you handled your complaint the wrong way. A surprisingly large number of consumer complaints don't get answered because, for example, the person didn't include a return address on his letter. Or he didn't explain the problem, or give the necessary facts and figures to get the action he wanted. On the other hand, some complaints do go unanswered because the person who received them was negligent, irresponsible, or simply not willing to settle the grievance fairly.

The point is, there are ways to make a complaint so that you'll ensure the maximum possibility for satisfaction. Most businesses are attempting to make their complaint-handling more effective and equitable. But with the flood of complaints in these days of active consumerism, it's important to know the best way to get your complaint heard and satisfied. Here are some suggestions:

The method

If you haven't gotten action on your complaint, try once more—but be sure you follow these rules:

- *Complain promptly.* You'll rarely get a speedy adjustment or replacement when your letter starts, "Two years ago I bought . . . It has never been right. . ." Don't wait. Put your problem in writing when it occurs. The key is to use registered mail: if you do, many states now require businesses to respond within certain time limits (21 or 30 days, if typical), and there are similar rules pending with the FTC and in Congress.
- *Be accurate.* Direct your complaints and inquiries to the right person and place. Routine matters usually can be handled by sales people or customer service departments. Department and store managers are the next step up for adjustments that require some authority. The credit department is the place to start with billing errors and other credit problems.

Top management usually is the *final step* within a company or organization when problems are not effectively solved at lower levels. However, top management should be your *first contact* when a problem is so serious that you feel the top people should be informed.

For names and addresses of local businesses and organizations, check your local phone book. You can find the names of officers in large business firms in *Standard and Poor's Register of Corporations,* available in most public libraries. For the names of organizations and agencies to contact when problems are not solved within an organization, see BETTER HOMES AND GARDENS, January, 1972, pages 36 and 83.

- *Be specific and factual.* Identify the product, service, or incident you are writing about. Then give your reason for writing. Include a brief description of your problem. Whenever you can, name names and places, give dates and times, list prices and identifying numbers of products, accounts, sales slips, statements, orders. Figures are particularly important if your letter is likely to go through a computer programmed to deal with numbers and factual data.
- *Be reasonable.* An insulting or threatening letter with unrealistic demands will simply antagonize your reader and do little to strengthen your case. Normally, you'll get a more sympathetic and satisfactory response to your gripes if your approach is reasonable and you acknowledge the problems of the person who will receive your letter. For example, "I know it is difficult to give one-day service on appliances, but. . ." or, "I realize it takes time to correct a computer error; however . . ." or, "I know sales people have bad days; still . . ."
- *Be helpful; suggest a remedy.* A well-presented complaint can leave your reader up in the air if you fail to indicate what you want done. Tell what you expect. Do you want repairs, replacement, refund, correction, price adjustment, a change of policy, an apology? You may not always get what you ask for, but at least you'll be setting th stage for working out a satisfa tory solution.
- *Be businesslike.* Keep pert nent data and records of pu chases together and be reac with facts and documents whe you need them. Present you case in writing and include a necessary facts. Also enclo copies of papers and documen related to the situation, such contracts, warranties, sales slip bills, receipts, previous corre pondence. Make a record phone conversations or inquiri concerning each case—whe you called, name of person ta ing your call, promises made, sults. Also, keep copies of your complaint letters until yo case is brought to a satisfacto conclusion.
- *Be persistent.* Most proble can be solved with one lett directed to the right perso However, if you don't get t desired results, do not hesita to write a second and even third complaint. Also, when y appeal to an outside agency, i clude reference to that appeal your correspondence with t company.

The content

Once you perfect your metho work out the content for yo inquiries and complaints. T complete complaint will inclu all of the important facts:

- Date
- Your name, address, a phone number
- Name, title, department, ganization, address of pers you are writing
- Subject of your complaint product name, model numb and year; service briefly scribed; incident briefly scribed with who, what, a where information
- Purchase information—da place, sales slip, sales perso name or number, price, char account number, bill, receipt
- Reason for complaint—m function, non-delivery, billi error; overcharge, defecti product, failure to honor a w ranty, conduct of personnel
- Results expected—a reply, fund, repair, replacement, justment, correction, reimbur ment for expenses, compensati for inconvenience, change policy, information, apology

continued

Will your health insurance pay when you DON'T go to the hospital?



Mutual of Omaha's disability income insurance can provide benefits both IN and OUT of the hospital . . .

UP TO	AS MUCH AS
$1,200.00 A MONTH	**$40.00 A DAY**

when a covered sickness or injury keeps you from working.



What hospital insurance does for hospital bills, this Mutual of Omaha plan can do for your grocery, rent and clothing bills . . . important protection for working men and women. There is a homemakers' plan for housewives, too.

Our figures show that you're seven times more likely to be laid-up at home than in the hospital. That could leave an awful lot of bills unpaid if your health insurance covers you *only* in the hospital. Mutual of Omaha thinks you need protection at home, too . . . and does something about it.

As the breadwinner, you can select the amount you qualify for (from $100.00 to $1,200.00 a month . . . up to $40.00 a day) to help replace your paychecks when a covered sickness or accident keeps you from working. These monthly disability benefits are all yours to spend as you please for any purpose you choose . . . yours to use for every kind of bill.

There are seven reasons why you should consider this Mutual of Omaha plan:

1. You may qualify for a plan that can provide up to $1,200.00 monthly income benefits (up to $40.00 a day) to spend as you see fit when you're sick or hurt and can't work!

2. These disability benefits are provided both IN and OUT of the hospital!

3. Your coverage becomes effective immediately for new sickness contracted or injury received after your policy is in force. Pre-existing conditions (old health problems) will not be covered for 12 months. This applies to such conditions shown on your application and not excluded from coverage.

4. Mental disorders are covered the same as any other sickness!

5. Your policy protects you as a passenger in any kind of aircraft—even a private plane!

6. Benefits are provided for disabilities incurred both on and off the job. They are available in addition to any Workmen's Compensation and Employer's Liability coverage!

7. You have this renewal agreement: no matter how often you may receive benefits, Mutual of Omaha guarantees to renew your policy as long as premiums are paid on time. Your premium can be changed only when changed for all policies of the same form and class in your state.

Please note that the amount of the benefit, the premium, and the deductible period vary with the plan you qualify for. And that these disability income benefits are not payable for losses caused by war or military service; narcotics, unless prescribed by a physician; childbirth, pregnancy, or resulting complications; disabilities that start after retirement or age 65, whichever comes first.

Get the full facts about this fine protection that can cover you both in and out of the hospital. They are yours for the asking, and you will also receive information about the fine plans to meet your life insurance needs now available from Mutual of Omaha's affiliate, United of Omaha. These facts are yours without cost or obligation if you write to Mutual of Omaha, Reader's Service, Department 2641, Omaha, Nebraska 68131. Or even better, use the post-paid self-mailer reply card provided for your convenience.

Mutual of Omaha®

People you can count on...

Life Insurance Affiliate: United of Omaha

See "Mutual of Omaha's Wild Kingdom" on TV. Sundays. Check local listing for time and channel.

Can you qualify for a plan that can provide up to $1,200.00 a month when you're sick or hurt and can't work?

FIND OUT! Mail post paid reply card now!

continued

Consumer complaints:

• Status of your complaint—previous action taken with names, dates, facts, and results or lack of results.

On second complaint letters, send a copy of the first complaint and indicate a date by which you expect some action. If a third letter is necessary, include all previous correspondence, together with names of those who are to be carboned and names of outside pa whom you intend to con about the matter.

The appeal

When your complaints do produce the desired results, may want to take your cas an outside party. You can ap at one of three levels:

• First are the organizat that can exert pressure on y behalf and make recommen tions for solving problems. H ever, these people have no thority to enforce their rec mendations. Such organizat include trade associations, Be Business Bureaus, consu groups, action lines in n papers or on the air.

• At the second level, you contact a regulatory ag which has authority to deal fraudulent practices and to action against offenders. T agencies—such as the Fed Trade Commission, the F and Drug Administration, l health boards, housing auth ties, or the attorney general's fice—may or may not be powered to obtain satisfac for you on a personal basis.

• Action at the third level be appropriate for serious p lems, as well as those that not be solved satisfactorily a first or second level. Third-l appeals attack the problem on—in the form of arbitra or a lawsuit filed in eithe small-claims court or court general jurisdiction.

Arbitration

With arbitration, you and other party each present case to a trained, impartial t party ("an arbitrator"), hears both sides of the dis and decides on a fair settlem The decision to arbitrate is untary, but once both pa agree to it the outcome is and binding. Normally, arb tion offers a speedy, inexpen private method of settling putes on an informal basis.

Arbitration centers for sumer disputes now operat 30 or so metropolitan areas. thermore, through these ce you'll probably be able to lo professional arbitrators fro most any part of the country. further information on arb tors, write the National Ce for Dispute Settlement, 1 16th Street, N. W., Washing D. C. 20036; or the Amer Arbitration Association, 140 51st Street, New York, N 10020.

Small-claims court

These courts offer a relatively expensive, prompt, and info

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to gather evidence to sup-
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present your own case.
you go to the court, pay
l fee, and fill out the nec-
forms, which will include
description of your com-
Then the court clerk gives
trial date and prepares and
a summons to the other
informing him of your
d ordering him to appear
rt on the assigned trial

e in court, you both pre-
e facts of the case to the
in layman's language. No
s are present. In most
he judge comes to a deci-
n the spot. Small-claims
are reserved for claims
ng amounts not exceeding
in limit—$300 to $500 in
laces, although settlements
more in others.

l courts

r claim exceeds the limit
all-claims court and you
t in courts of general ju-
on, the procedure can be
and costly. Normally
ill need the services of a
to evaluate the chances of
g the case and collecting
dgment in your favor. If
torney advises you to sue,
l then file the necessary
and prepare the case for

n court dockets are not up
, and there is a long wait
l. In that case, it's often
ry to hold "discovery
ions," which may re-
your presence. The pur-
f the proceedings is to
testimony and gather evi-
on which the case will be
If it's in your interest,
wyer may be able to work
ettlement on the basis of
ceedings. When you can
o a fair settlement, you
oney and time and also
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er.

settlement cannot be
l, your lawyer will con-
etrial hearings, if neces-
nd finally try the case in
The entire procedure
take months and even
epending on the case and
rrent the court system is
r area. (Court calendars
ay behind schedule in
risdictions.)
s will include attorney's
urt costs, and filing fees.
case calls for preliminary
s and witnesses, you'll pay for these as well. Should either you or the defendant choose to appeal the decision in a higher court, there will be sizable additional expenses. If you win your case, some of the costs will be charged to the defendant and others will come out of your pocket. Try to pin these down in advance.

You may be able to work out an alternative to hourly attorney's fees if your lawyer is willing to take the case on a "contingent fee" basis. This is an all-or-nothing arrangement for the lawyer in which he is paid a percentage, ranging from 20 to 50 percent of whatever you recover if you win. You pay him nothing if you lose. ■

Announcing:
The First Real News in Years for Gray Haired Women!



Time lapse photographs show actual change. You can stop when you like.

Now gradually return your hair to beautiful natural-looking color — with no gray roots problem ever. So easy! And you control how much gray goes or stays.

Lady Grecian Formula is very different from regular haircoloring or temporary rinses. It will work its magic whether you're gray or using something to cover it. See for yourself what thousands of women have already discovered.

Unbelievably Easy — Lady Grecian is a practically clear liquid — not a messy, staining dye. Simply brush or comb it through your hair daily until you have just the beautiful natural-looking color you want. It usually takes 2 to 3 weeks to get rid of all the gray.

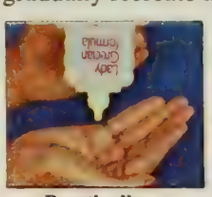
Acts Gradually — At first you'll hardly notice, but day by day the gray will gradually disappear. So you have complete control of how much gray goes or stays — some of it, most of it *or* all of it.

How It Works — This remarkable formula combines with the natural chemistry of your hair to gradually recreate natural-looking color. The one practically clear liquid works whether you were originally a blonde, brunette or redhead. That's why Lady Grecian doesn't come in colors.

Ends the Gray Roots Problem — When you've regained the beautiful natural-looking color you want, simply use Lady Grecian once a week or so to keep it that way, roots and all. No messy touch ups ever.

If You've Been Using a Haircolor — Lady Grecian will work for you beautifully. Use it in the regular way until the gray roots blend in. Then once a week or so and forget your old haircoloring entirely.

Eliminates that "Dyed Look" — Natural hair is a blend of many different shades. But most haircoloring products color each and every strand of hair exactly the same solid color so your hair looks dyed. With Lady Grecian, however, your hair retains a natural-looking blend of shades and highlights.


Practically Clear Liquid


Unbelievably Easy


No Gray Roots Ever

Combe Inc., Dist.

Introductory Offer:
Find out for yourself how easily you can get rid of gray. Send $1.00 for a generous trial size to: Lady Grecian Formula P.O. Box 328 White Plains, N.Y. 10604

Lady Grecian formula™

At toiletry counters everywhere LG73-5



The one on top is Purina Variety Menu. It's 95% kidney. No gravy – no cereal fillers! The other 5% contains vitamins, minerals and other nutrients. Now which one has more of the kidney your cat loves, and more of the kidney you're paying for?

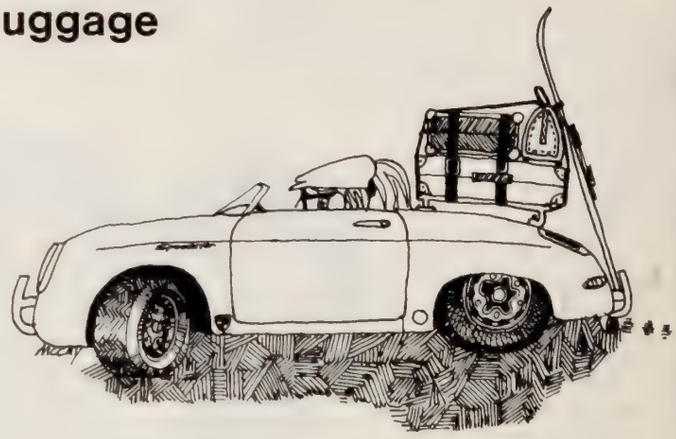
For your pet's health . . . see your veterinarian annually.

Purina Variety Menu...20 varieties. All 95%.



CARS Peter Stephano

Racking your luggage



Today's popular small cars, though easy on fuel consumption, can't match the luggage storing capacity of older, larger models. Even the standard-size cars now in dealers' showrooms are skimpier than their predecessors when it comes to luggage space. A luggage rack may well be the solution if you occasionally need to haul more than your car was designed to accommodate.

Whether you choose an attractive permanent-mount rack or one that easily detaches should depend upon how frequently you plan to use it. A compact or subcompact car will gain several cubic feet of hauling capacity, as well as sporty flair, with the addition of a chromed roof or deck-mounted rack designed to complement its lines. A larger car that needs extra storage capacity infrequently can be fitted with a temporary-mount rack that is easily detached after use.

Permanent racks are attached by drilling holes in the metal surface of the car top or trunk lid to accept the mounting hardware. Scuff bars, used in conjunction with most top carriers, attach to the roof with permanent adhesive. The holes left by a permanent rack would have to be filled and painted should you wish to remove it sometime in the future. Most permanent racks, however, stay with the car.

Temporary racks and carriers generally fasten to the car's gutter moldings by means of hooks, and attach to the roof with suction cup mounts on their supporting legs. Some racks simply clamp to the gutter moldings, and are easily detachable, but those using suction cups often leave a permanent ring on the mounting surface. If yours is one of the new model cars without gutter moldings, this type of rack won't work. And nylon security straps tend to stretch with age and use, so shifting is possible.

A variation of the temporary rack is the demountable type. For all practical purposes it looks and functions like a permanent rack, but it can be detached by loosening four thumbscrews. The holes in the metal are still there but they're neatly covered by small chrome caps.

Listed here are the principal types of carriers available and some recommendations for their best application.

The simplest and least expensive rack is the bar carrier; it has two bars supported by legs that attach to the roof with suction cups or clamp to the gutter moldings. Nylon straps intended to secure the load are usually included. Made of oak, steel, or extruded aluminum, the bars can normally support anything from several sheets of plywood to a cartop boat. The supporting legs adjust to the car's width, but the space between bars is determined by the length of the gutter moldings for attachment. This type of carrier is intended for temporary use and not long-distance, heavy-duty toting because the sturdiness of the components parts under constant stress is questionable. Units range in price from $9 to $20.

The cartop basket is another form of temporary carrier; it attaches to the roof much as the bar carrier does; legs fitted with suction cups support the structure. Basket carriers cost from $10 to $25. Most of the less expensive types are made of tubular aluminum but steel units are available at higher cost. While basket carriers cannot be used to haul large and bulky loads, they do an adequate job with luggage which is contained within the sides and cannot shift.

continued

For the gardener who has everything.



It's Rockwell's new cordless ectric yard and garden sprayer.

Fill the unbreakable bottle ith a liquid insecticide, and its werful jet spray will take care every bug you've got.

Fill it with fertilizer and ed your plants, flowers, and ses. (Without lugging around a heavy pump canister or clumsy hose-end applicator, without paying for expensive aerosols.)

Lightweight and portable, it's perfect for spot spraying weeds and crabgrass.

A fingertip control adjusts the spray from steady to fine, nice for misting house plants.

UL listed. One-year buyer protection plan. The Rockwell cordless electric yard and garden sprayer is yours for just $19.99, recharger included.

Better get one soon.
You've got a lot to do.

Rockwell International

ocal Rockwell dealer, phone toll free: 800 243-6000 (Conn.: 1-800 822-6500). Excluding Hawaii and Alaska. Or write: Power Tool Division, Rockwell International, Memphis, Tenn

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Menlo Park, California 94025

tinued

acking your ggage

n improvement over the bas- carrier is the completely en- ed top carrier. One type fea- s a cotton duck or vinyl cov- g with a zippered access on ide, and a solid wood bottom. losed carriers normally have psible steel frames for easy age. The carriers are ideal for tion luggage because they're pletely weather resistant and be padlocked against theft. n better than the cloth-cov- variety for durability is the l plastic luggage carrier. It is herproof, withstands knocks abrasions well, and attaches ame way most other tempo- carriers do. It is not collapsi- however, so storage could me a problem. And its great- eight and bulk, compared to r types of carriers, adds sub- ially to your car's wind re- nce. Enclosed carriers are able from $30 to $50.

he best-looking luggage car- are the chromed top or rear- racks, which are available ther permanent or demount- models. Permanent racks available as optional equip- on most new cars at a rea- ble cost, or can be purchased add-on accessory later. The racks, called custom, are de- d to complement the lines ur car. There are, however, ersal mount models avail- Price is a direct indicator of ty with these racks; the best are stainless or chromed ar steel, while the less ex- ve ones are zinc-finished or aluminum tubing. These from $30 on up.

ce you have decided on the of luggage carrier you need, the following tips in mind you make the selection.

e greater surface your car nts to the wind while mov- the worse gasoline mileage et. Any luggage in an open should be flat on its side to n wind resistance. Rear-deck k-lid) carriers offer little resistance because of their f-the-way position, but their ge capacity is less than a rack's.

protect whatever you're ng you'll need a weather- ant cover. A small tarp se- y tucked in and lashed down lo the job, but a cover tail- to the rack's exact dimen- is much better. Good cov- ave lockable zipper open- on both sides.

y rack, permanent or tem- y, mounted on top of the should be positioned well l of the rear axle where it affect the car's stability by shifting the center of gravity. And if you plan to put a real load up on top, be sure your car is equipped with heavy-duty shock absorbers or helper springs.

Choose a soundly-constructed rack: for strength, you'll want a steel frame, either stainless or heavily chromed; all joints in the frame should be welded to hold; and support legs and attaching hardware should be mar-proof. Turnbuckle, aircraft-type straps are preferable to any other variety, since they are less prone to loosen on the road.

Your luggage is usually more valuable than the rack so make a habit of removing expensive luggage and other gear when you stop at night. ■



Norge, Edison, New Jersey 08817

Norge introduces the laundry room that fits in the kitchen.

Now you can do your laundry in the kitchen, or just about anywhere you want to. Norge StowAway washers and dryers are only 21" wide. Stow them in a closet, hang the dryer on a wall, stack the pair, roll them to the sink. Save steps, work and time.

Norge StowAways do big family-size 10 pound washloads. Programmed pushbuttons give you proper cycle, fully automatic washing, all-fabric control, automatic bleaching and rinse dispensing. Sweeping action of Turbo-Wash agitator gets clothes really clean.

Both washer and dryer have wheels. Exclusive handle moves down to easily lock washer in position. Big, roomy dryer cylinder gives permanent press and special fabrics room to tumble, plus a Cool Down period to prevent heat-set wrinkles. Operates on normal 120V house current, vents 4 ways, comes with no-vent kit and leveling glides.

The 21" StowAway...only Norge makes it.

Advertisement

What Doctors Prescribe Most For Pain-Stiff Joints When Arthritis Acts Up

A twinge of pain flashes through your elbow as you reach around to pull on a belt. Your fingers are all thumbs handling a zipper. Little things suddenly become a difficult chore for anyone with arthritis.

A medically tested way to relieve minor pain and reduce the inflammation that causes stiffness.

Doctors who specialize in arthritis know that treatment must do more than relieve pain. It must also reduce inflammation of the joints and surrounding tissues. So, as you would expect, the pain medication doctors prescribe most for arthritis also has a most effective anti-inflammatory action.

What you should know is that this same medication is in today's Anacin® tablets. In fact, Anacin contains more of it than any leading aspirin tablet, buffered aspirin, or extra-strength tablet. In minutes, Anacin rushes relief for minor arthritis pain, swelling, and stiffness to every part of your body, anywhere and everywhere this disease attacks. And Anacin's relief goes on for hours, gives you more freedom of movement without pain. Be sure to get Anacin with the reliable action that stiff, painful arthritic joints need.

Remember, only Anacin has a special formula that's stronger in the pain medication doctors prescribe most than any other leading tablet. Yet Anacin is available without prescription. Let Anacin tablets help you relieve minor arthritis pain and morning stiffness. And enjoy more freedom of movement without pain!

begins on page 2

Middlemen and your grocery bill

lion a year to $1.7 billion a year. The $300 million gain was responsible for less than one percent of the total increase in food costs during that same period.

Far and away the main reason you are paying more dollars to middlemen is higher labor costs. From 1964 to 1972, the number of man-hours involved in the marketing of food climbed by only five percent, but hourly wage rates rose during the same period by 60 percent. The result was a 70 percent increase in total labor costs.

Higher labor costs were partly offset by improvements in labor productivity, thus helping to temper the rise in food prices. Such improvements fell considerably short of soaring wage rates, however. In the same years during which labor costs climbed 70 percent, total production of food increased by only 15 percent.

Consequently, close to 35 cents of your food dollar goes to pay the labor costs of food middlemen. That's only slightly less than farmers receive for producing the food.

Packaging materials are another big cost. From 1964 to 1972 these costs increased by 57 percent. About eight cents of your dollar is spent by middlemen to pay for cans, bottles, and boxes. Transportation expenses take approximately six cents of your food dollar. Other outlays ranging from taxes to depreciation and rent to advertising account for the remainder of the increase in middlemen costs.

Higher costs, however, still don't explain the full increase in middlemen *charges*. They explain only slightly more than three-fourths of the increase. Where, then, are the rest of your food dollars going?

Mainly they are going to pay for what economists call increased "services," a catchall term that describes everything from the trend to convenience foods to the growing popularity of restaurant dining. Or, if not "dining," then "grabbing a quick bite."

The point is that we Americans are buying more than just groceries with our food dollars. Increasingly, we are buying built-in maid services, too: food items and even entire meals that can literally be served in a matter of minutes and with a minimum of effort. Consumers clearly appreciate such timesaving and drudgery-saving foods, and just as clearly they are paying for them (although studies have shown that some convenience foods, when mass produced, can actually *save* money compared with the cost of buying the individual ingredients).

Perhaps the most dramatic change in our eating habits has been in *where* we eat. Almost a third of our food dollars are spent for meals eaten away from home. For obvious reasons, this means higher middlemen costs.

Ten years ago we spent less than $20 billion on meals prepared and served away from home. This year's eating-out expenditures are expected to approach $45 billion. And of that, approximately $38 billion will go to middlemen.

In summary, there *are* good reasons why middlemen are getting more of our food dollars. Middlemen are charging more for the services they provide primarily because it is costing them more to provide the services. And because, as consumers, we are demanding *more* services.

But just as there is much that is right with our food marketing system in this country, there are also things that are wrong. More often than not, middlemen as well as consumers are the victims of the marketing system's shortcomings.

The shortcomings are numerous. A report issued by the National Commission on Productivity in 1973 concluded: "There is a wide variety of opportunities for productivity improvement in the food industry." Some of the improvements, said the report, could be "dramatic."

Regrettably, by the time a no-punches-pulled first draft of the Commission report was finally edited for publication, many of the punches had been pulled to avoid offending special interests. Here are some of the criticisms that found their way into the report—and some that didn't.

A crazy quilt of government regulations—federal, state, and local—all too often do little more than raise the cost of food. There are more than 2,000 separate federal regulations applicable to food and many are duplicated with an almost endless number of different variations by state as

continued



Getting a heavy cast off your pitching arm would be a totally satisfying experience if it weren't for one, ego-crushing thought: everybody's gonna treat you like a regular kid again.



Kodak film. For the times of your life.

continued

Middlemen and your grocery bill

well as local jurisdictions.

Regulations that assure the safety and quality of our food are clearly a necessity, and in some cases need to be strengthened. But many of the regulations put on the books over the past century accomplish no such worthwhile purpose. Indeed, according to the Commission report, they are "impediments to productivity."

So-called "health standard
imposed by local governments
many communities are a case
point. Allegedly invoked to p
tect consumers, their real purp
is often to maintain artificia
high prices for local interests
at the *expense* of consumers.

Probably nowhere are su
regulatory abuses more pre
lent or more blatant than in
dairy industry. It is not unco
mon for local governments
establish standards and insp
tion requirements which are
tually impossible for any
local producers to meet.

Or authorities in commun
"A" may permit dairy produ
to be shipped in from commun
"B" only if the dairy farms
processing plants have first b
"inspected" by community "
Even if inspectors are availab
which they often aren't, m
from community "B" is likely
be deemed "unfit." The report
the Productivity Commiss
estimates "as much as a two p
cent reduction in dairy prod
prices could be gained by eli
nation of redundant state
local government inspections
milk."

One Midwestern state, s
posedly acting in the interests
consumers, requires that hot d
and sausages contain a minim
of 12 percent protein—a le
difficult to achieve without a h
protein additive such as dry n
powder. The state, not surp
ingly, produces an excess of
milk powder. As a result, c
sumers of the state no lon
benefit from price competit
provided by out-of-state hot
and sausage manufacturers.

In another case, a sin
change by a single state in the
gredients required to be listed
sausage labels added $75,00
year to the labeling costs
processors who shipped from o
of-state plants. Such costs
ultimately paid by consumers.

Several states require that c
rots be sold in clear plastic ba
Out-of-state carrot suppliers
reluctant to provide differ
types of packaging for each se
rate state, and the result is an
ditional cost to local merchan
translating into higher prices
consumers. Still other states p
hibit the bulk shipment of co
modities such as lettuce
grapes, thereby precluding
velopment of lower cost meth
of shipment.

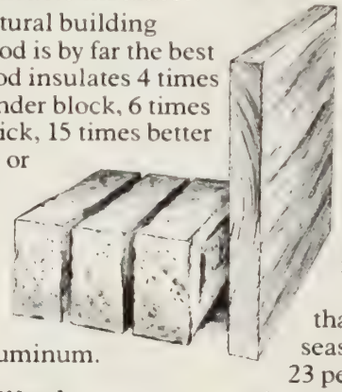
Scores of other examples co
be cited of regulations wh
range from unnecessary to
dundant to an outright rip-off
the consumers who eventu
have to pay the bill for them.
the very least, regulations
longer needed—if ever they w
needed in the first place—sho

Why a lot of American home owners are weathering the energy crisis better than others.

If you live in a home built with wood, you know the good news already. If you live in something else, we suggest you read on and find out what you're missing.

Wood.
Nature's miracle insulator.

Of all structural building materials, wood is by far the best insulator. Wood insulates 4 times better than cinder block, 6 times better than brick, 15 times better than concrete or stone, 400 times better than steel, and an astonishing 1,700 times better than aluminum.



Wood.
The secret ingredient.

Wood isn't as dense as it looks. Its cells contain millions of tiny airspaces. And air is one of the best insulators known. What's more, wood frame construction provides plenty of room for other insulating materials to be added between wall studs, floor joists as well as ceiling joists. That's why a wood frame house will keep you warmer in winter and cooler in summer.



Wood.
Tried and true.

A test was conducted at Arizona State University that compared the fuel consumption of two structures identical in size—one built with wood, the other with masonry. Both structures were insulated. And both were exposed at the same time to identical weather conditions and controlled interior temperatures.

The results demonstrated that, during the heating season, the wood house used 23 percent less energy than the masonry house. And 30.2 percent less during the air conditioning season.

Wood.
The energy saver.

Windows often occupy from 30% to 70% of a home's outer wall. So it's important to look carefully at the insulation they provide. The fact is, after a house has been fully insulated, the remaining heat loss can be cut 30% simply by choosing wood windows with insulating glass. Regardless of what fuel prices happen to be, that translates into important savings on fuel bills. For instance, in a typical 16-window, 1400 square foot home in the Chicago area, 1972 winter savings ranged from $88.40 with gas, to $106.47 with oil, and $124.25 with electric heat.



What's more, trees while growing consume only solar energy. And when processed, wood requires only about 430 kilowatt hours per ton—compared to 2,700 for steel and 17,000 for aluminum.

So, after all the facts are in, it's no wonder that when it comes to conserving the energy of the nation and the nation's homes, wood is a natural.

For more information write for our free brochure, The Energy Conservation Issue. American Wood Council, Dept. W, 1619 Massachusetts Avenue, N.W., Washington, D.C. 20036.

American Wood Council

liscarded. And an effort
ld be made to bring some de-
of geographical uniformity
ose which deserve to be re-
d or strengthened.
bor unions are understand-
interested in protecting the
nd fattening the paychecks
ir members, but such efforts
ometimes squarely in con-
with increases in efficiency
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ostantial savings in meat
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say economists, by central-
meatcutting. Both labor
transportation costs could
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nt, some contend—if beef
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central facility, rather than
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opposed by many local
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for automated checkout
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productivity impact of
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food) industry," the Pro-
y Commission reports.
ver, the report contends,
pact is far greater than is
d simply by rising costs
sportation or the frustra-
unreliable scheduling."
extra handling costs, and
ne astronomically high
spoilage rates all add to the consumer's grocery bill.

Despite a Department of Transportation forecast that rail freight needs will increase roughly a third by 1980, railroad ownership of refrigerated cars in the past six years has decreased from 90,000 to only about 25,000. This has forced many shippers to purchase their own cars, to at the very least be assured of having the cars when needed.

Not only are too few railroad cars available, but those which are available are inefficiently used. The average car is moving

continued



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You don't have to be 21 and blonde to win a beauty contest.

To win our beauty contest, you have to have beautiful gray hair. The kind that comes from using Silk & Silver, the gray enhancing lotion that colors away yellow and brings out white and silver tones brilliantly.

First prize winner will be featured in the next Silk & Silver "Little Old Lady" advertisement, and will win a five-day trip to New York City, Los Angeles or San Francisco for two. Elegant dining and theatre going will be only a part of your adventure. First runner up also wins the all-expense paid, funfilled trip.

If you're 21 and blonde, we don't want you.

If you're a "Little Old Lady" with beautiful gray hair, we'll love you



Silk & Silver color lotion for enhancing gray hair, from Clairol.

Official Rules

1. Fill in entry coupon and mail along with color photograph, not returnable, of yourself, a brief description of your career or hobbies, a Silk & Silver box top, or print Silk & Silver on a 3 x 5 card, to: Clairol, S & S, Box 968, Yonkers, N.Y. 10701.

2. All entries must be postmarked by Aug. 15, 1974, and received by Clairol no later than Aug. 31, 1974.

3. Winners will be notified by Oct. 31, 1974. To obtain the names of the winners, send a separate stamped self-addressed envelope to: Clairol Silk & Silver Winners list, Box 968, Yonkers, N.Y. 10704.

4. First prize winner will be featured in a Silk & Silver "Little Old Lady" advertisement, and will win a five-day trip to New York City, Los Angeles or San Francisco for two, choice of winner. First runner up also wins the all-expense paid trip.

5. Prizes are non-transferable and non-redeemable for cash. The minimum value for each prize is $2,000. Odds of winning will be determined by number of entries. All prizes will be awarded.

6. Contest open to residents of United States. Employees, or their families, of Clairol, its affiliated companies, and their advertising agencies are not eligible. Void in Idaho, Missouri, Georgia, and wherever else prohibited by law. Tax liability will be the sole responsibility of the winners.

7. First prize winner shall have Silk & Silver application by a world famous hairdresser prior to appearing in ad.

Please attach a color snapshot of yourself, a short description of your career or hobbies, and one Silk & Silver box top (or print "Silk & Silver" on a 3x5 card)

Send to: Clairol, S&S, Box 968 B Yonkers, N.Y. 10701

Name _____

Street _____

City _____

State _____ Zip _____

Are your current [illegible]

If so, which [illegible]



continued

Middlemen and your grocery bill

only 12 percent of the time and moving with a load only seven percent of the time.

Poor quality rail service—particularly east of the Mississippi—is cited as the primary reason much of the shipment of perishable commodities has been taken over by trucks, despite higher rates generally charged by trucks. Higher transportation costs are quickly converted into higher food prices.

Due largely to government regulations that prohibit or restrict "backhauls," it is estimated that up to 40 percent of the trucks on the nation's highways are running empty. If these trucks could be filled, the estimated savings in transportation costs would be $250 million a year.

A lack of standardization in packaging is another barrier to increased efficiency. Example: More than 1,400 different container sizes are used by the fruit and vegetable industry alone, in marked contrast with similar European producers who use only four.

Greater standardization, it's contended, would permit such economies as fully automated warehouses, resulting in savings of as much as $400 million a year. But making these improvements in packaging standardization would require a joint effort by a great many firms, a step which most industry executives fear might be regarded as a violation of antitrust laws.

The above is by no means a complete list of barriers to increased efficiency and lower food costs. In many cases, government grades and standards have become obsolete or in urgent need of revision. Too often they have the effect of discouraging production of foods that offer consumers more of what they want for their dollars. Standards for both meat and milk products, which favor high fat content, are cases in point.

Tomatoes provide another example of the impact of grades and standards. Because tomatoes are bought on the basis of net weight, the incentive is for growers to develop strains which produce the most pounds per acre for sale to processors. In the ten-year period from 1960 to 1970, it is estimated that tomatoes purchased by processors in California increased an average of ten percent in weight—but the increase was all in water content. In just one year, 1971, this added 450,000 extra tons of water to the California tomato pack. Consumers ultimately paid the water bill.

As streamlined as our food system in this country is, there remain glaring examples of opportunities for further improvements. "A simple food item like a orange," the Commission on Productivity noted, "is handled 17 separate times from tree to table."

Fluctuating supplies of meat animals arriving at packing plants still stand in the way of achieving many of the economies of mass production. A steadier flow of animals from farm to packinghouse, say some economists, could result in savings of 20 to 25 percent in processing costs.

Inefficiencies in the food system, as in other sectors of the economy, are frequently perpetuated by a reluctance to initiate changes. And, in many cases, by reluctance to invest the funds needed to develop more efficient methods. Since most innovations in manufacturing and marketing are easily copied by competitors, individual firms often balk at spending the huge sums of money needed for research and testing. Some fear, too, that if new methods were to prove unpopular with consumers, business would be lost in the competition. The result: a continuation of old ways of doing things, with consumers continuing to foot the bill.

This is not to say there haven't been improvements in our food system. There have been, and many have been dramatic. Overall efficiency in food processing and retailing industries has increased by 40 percent in just the past decade, an admittedly impressive record. But with fewer barriers to improved productivity it can be made *more* impressive. The dollars that can be saved are yours. ■

COMING NEXT MONTH

Next month's article, the final in this series, will suggest ways your family's food bills can be lowered—*by you*. Some ways are easy, but others will involve hard choices.

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Six ways to help your child learn more

Recently, two important studies proclaimed the remarkable idea that schools themselves have very little influence on how successful youngsters are at school.

The key to a student's success at school, according to these studies, rests almost exclusively with the "educational quality" of the student's home and neighborhood. In other words, even the best schools can't do much for students whose backgrounds are deficient in learning qualities, but almost any school is of some value for those youngsters who are raised in a home and community atmosphere conducive to learning.

How can parents assure that their youngsters will be eager learners? What's meant by the "educational quality" of a home? What principles must be followed to create a climate of learning at home?

Surprisingly, the first—and most crucial—step in providing a good educational atmosphere at home has nothing to do with such things as teaching the alphabet to your toddler, or making your child read at the tender age of three or four.

Of primary importance is what your child thinks of himself, or what psychologists call his "self-image." This is formed by the way he is treated as a child, the successes and failures he experiences, and the emotional security he is given. Generally, children who are loved and wanted develop a more positive self-image, have greater confidence in themselves, and do better in school. Potential for school success also is enhanced when children experience success at home, are allowed to participate in many interesting day-to-day activities, and are treated with respect and courtesy by parents.

Next, it's helpful to realize that children learn in two important ways during the early preschool years. The first way is called "behavioral contagion"—which means that the behavior and habits of adults rub off on a child. Thus the child copies the parent's voice, the parent's language habits, the parent's physical movements, the parent's attitudes, and the parent's emotional patterns. If, at the end of the day, the mother routinely greets the father with open hostility, the child is apt to be hostile toward, for example, his toys. If the mother and father express love and respect, the child probably will learn to express the same feelings. If the parents pursue knowledge and are excited about the process of learning, the child often is motivated to learn.

It's important to keep in mind that a child perceives what the world is all about mostly by what adults say it is. People are good or bad according to what mother says. Work is fun or not according to what father says. School is exciting or boring according to what adults say about it. Learning is dull or interesting because of what mother and father say. The words of the adults typically teach attitudes, interests, emotions, and motivation.

Psychologists say that during these early years—from about 16 months to four years—the child "satellizes" around the dominant adult figures and learns to imitate them. The behavior of the adults is accepted as the appropriate way one should do things, and it generally becomes the child's standard.

The second most important way by which children learn during preschool years is called "verbal verification"—the remarkable attempt by children to produce behavior which directly coincides with the words that are attached to it. If Mary is told that she is messy, she will actually attempt to become messy. If John is labeled lazy, he will develop behavior which will confirm that he is, indeed, lazy. If any word is attached to a child long enough, he tends to become that type of person. The labels, or verbals, attached to them are verified by the child's developing that behavior, attitude, or feeling. Thus many children think of themselves as clowns, emotionally maladjusted, stubborn, uncooperative, or spoiled because they have been repeatedly told that they are that kind of person.

In the same way, children can learn to be hardworking, likable, cooperative, and emotionally stable when positive verbals are attached to them—"you can learn to tie your shoe," "you do well in school," "people think you are cooperative," "you do a good job of cleaning up your room."

Here are six positive suggestions for parents—based on the principles cited above—to help you give your children maximum opportunity to enjoy school and to succeed in learning.

1. *Establish the child's security.* Very early in life, your child should be made to feel secure. When he does he is able to learn better from the people and things around him. If security isn't established, your child cannot be receptive to learning because he is concerned with his own welfare—his own survival. A child also has difficulty in learning if he is under stress, if he is lonely, or if he is hungry. Before he can learn at his best, his basic needs must be adequately satisfied.

Security is established by holding the child when he is fed, responding to him when he is uncomfortable, protecting him from falling, and being near him as much as possible. Once security is firmly established ("adults will always protect and help me") your child can begin to interact and learn from his surroundings.

2. *Provide stimulating surroundings.* The child learns by interacting with the things around him. If his surroundings are bare, he cannot learn much. And if he is left alone for long periods of time, his learning capacity is automatically diminished. Try to create a rich and varied environment for your child. Make sure he or she is exposed to various noises (especially human talk), various colors, and various objects to feel and taste.

As the child grows older, talk and read with him, expose him to adult conversation, include him in vacation plans, and provide him with stimulating and colorful toys. In addition, give your child the opportunity to shop with you, eat out, visit parks, see the animals at the zoo, and wonder about stars and snow, trees and flowers. (Child specialists call this an "intense sensory environment.") It's also helpful to have lots of books and magazines around, especially if they're often the subject of conversation.

continued

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Cascade fights drops that spot.

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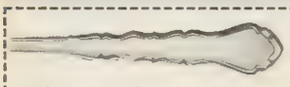


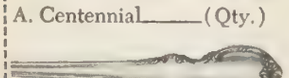
An International 1847 Rogers Bros. silverplated spoon in the pattern of your choice. And a Fostoria lead crystal jar with fitted silverplated top. A beautiful way to serve cinnamon sugar, preserves, grated cheese, chutney or what-have-you.

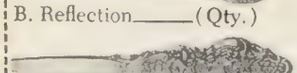
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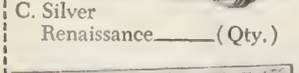
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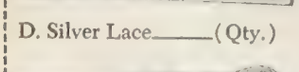
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continued

Six ways to learn

3. *Describe the child with positive words.* In talking with your child, accentuate the positive. Describe him and what he does with words that indicate the desired behavior. Tell your child that he is kind, that he enjoys helping others, that he can tie his shoe, that he will like school. And when he fails, remember that negative comments generally do not contribute to learning. Instead, they'll probably lower the desire to learn.

If your child cleans only part of his room, say, "This part of the room is fine. Now let's clean up this other part." Or if your child ties his shoes, but only one shoe is satisfactory, say, "This shoe is fine. Now let me show you how we can do this other shoe." Negative comments such as "You only did half the room. Won't you ever learn to obey?" are rarely helpful. Neither are negative pronouncements such as "You can't go to school until you learn to tie both your shoes. Teachers don't want to tie your shoes for you."

4. *Remember that your behavior teaches.* Children learn a great deal simply by observing what you say and do. They are great imitators of adults around them. In fact, children learn almost all their early habits, values, and attitudes from their parents. To be an effective parent, practice the values you want your child to have. Also express the emotions you want your children to express. You won't teach a child to cooperate by shouting, "Be good!" The best way to teach cooperation is for parents to work cooperatively with their children.

In relating to children, treat them the way you would like to be treated by them. If a parent shows decent respect for children as individuals, he will in turn be respected. If he treats children kindly, they will be kind in return. Children who are loved will love back. And, of course, the opposite is also true. Hatred teaches children to hate.

5. *Motivate the child to enjoy learning.* Motivation for learning develops when children succeed in the learning process. And there are many simple ways you can help. Include children in talks about family problems, let them contribute to working out vacation plans, and encourage them to help with housework duties. When a child sees that his worthwhile ideas are accepted by the family, he's motivated to learn and contribute more.

You also can increase motivation for learning by engaging in learning games—locating words in the dictionary, making a personal book, finding something of interest in everyday happenings, or solving a simple problem. The important thing is that the child experience success with a problem he can handle, and realize the thrill of learning. Success intensifies the desire to learn more, to think, to create, and to grow.

6. *Establish a positive relationship with the school.* Children seem to learn best when parents are clearly partners with the school. You can indicate to your child that schools are important and that learning has high priority by, for example, attending school functions, volunteering for service on advisory committees, helping with P.T.A. functions, and talking frequently with teachers. (This is not to say that you should agree with *everything* that happens at school, but a favorable bias should exist.)

When you participate in school functions, take your child with you whenever possible. Include him, if it's not against the school policy, in the parent-teacher conference. There needn't be secrets between parent and teacher regarding your child's schoolwork. He is entitled to know everything that you talk about. After all, the conference is about him.

You also can indicate how much you value school by volunteering some time to help out as a teacher aide, volunteer supervisor, or principal's girl Friday. And you could engage in a little learning yourself by enrolling in adult education classes, presenting special lectures at school, or tutoring.

Of course, it's always worth remembering that despite any attempt by you to create a good learning environment at home, your youngsters will, undoubtedly, pick up many negative attitudes from friends (or peers) and the current youth culture. That fact only underscores the importance of your best efforts to tip the balance in the favor of worthwhile learning.

One final note. Being a good parent requires a great deal of time—time to talk with children, time to encourage them, time to listen to them, time to respond to their emotions, and time to work out all of the problems children must face and eventually overcome. The parent who is too busy to know his child—to live closely with him, to learn with him, and to succeed and fail with him—is certain to be a poor teacher, no matter what particular technique is used. ■





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erly equipped tow car. Here, too, those trailers with the sleekest profiles and lightest weights will offer better rates of fuel consumption. The more luxurious and self-contained the trailer, the greater the fuel penalty, of course.

Travel trailers are thirsty consumers of fuel because their abundant surface area creates proportionate drag. There are, however, several trailers on the market made of fiber glass which have sculptured lines and thus less wind resistance. One model can be lowered hydraulically to a less wind-resistant height, but when fully erected has normal inside clearance and livability.

Van conversions, with or without added bubble tops, usually get good mileage at reasonable speeds. These vehicles have clean lines and are only a little heavier than standard units. Depending upon the engine size and your driving habits, mileage in the 13 to 15 miles per gallon area is not impossible. A van conversion won't give you the luxury of a large motor home, but most of the conveniences are there without the bulk.

If you absolutely must use the larger variety of motor homes, make sure that:

- The engine is tuned and the air filter is clean and new.
- Water and waste tanks are empty when traveling.
- Tires are inflated to maximum pressure, wheels are in balance, and brakes don't drag.
- The automatic transmission has the correct type and level of fluid and is adjusted to shift properly.
- Your driving habits incorporate slower speeds, minimum engine idling, and less use of low transmission ranges.

Getting to know the unit

Driving a recreational vehicle and enjoying its comforts can be delightfully easy, but don't count on it your first time out unless you're willing to prepare yourself. The dealer who sells or rents units will undoubtedly hold a short familiarization course, but like a child with a new toy, you'll probably be preoccupied with visions of adventure to come. It will pay you to listen. If you don't you could spend a lot of time wishing you had.

Since any recreational vehicle is a combination motor vehicle and temporary home, problems arise when a component part or system that serves both functions is overused by either. Some motor homes, for example, use one battery or set of batteries to provide energy to the engine's electrical

CARS Peter Stephano

Camper travel·· don't count it out yet!

The fuel crunch may have altered your plans for this year's camping vacation somewhat, but if those plans included using a recreational vehicle, don't count it out yet. By carefully selecting the unit you rent or buy, and then choosing a good recreational destination, you can keep fuel consumption within reasonable bounds.

How to get the best mileage

Whether you tow it or drive it, you'll generally get fewer miles per gallon with any recreational vehicle than you get with a car. RVs are heavy and their bulky surfaces offer increased wind resistance, which accounts for their greater fuel consumption. But if you keep these factors in mind when you rent or buy, you can select a vehicle that will be fun to use and more economical as well. In a recent 700-mile use test over interstate highways, a 1974 Winnebago Winnie Wagon delivered nearly 15 miles per gallon when driven at a steady 50 miles per hour. The same unit driven at speeds of 65 mph to 75 mph got 11 miles per gallon, or 26 percent less. The motor home had an 8,200-pound gross vehicle weight, and a 318-cubic-inch engine with automatic transmission, and power steering and brakes. The vehicle's aerodynamically designed fiber glass body slept four and featured kitchen facilities as well as adequate seating and storage.

Medium-sized camping trailers, whether of the fold-out or crank-up variety, can be expected to cut mileage by about two miles per gallon when pulled by a prop-

IT'S FUN TO DECORATE WITH LEMON DROP PANELING!

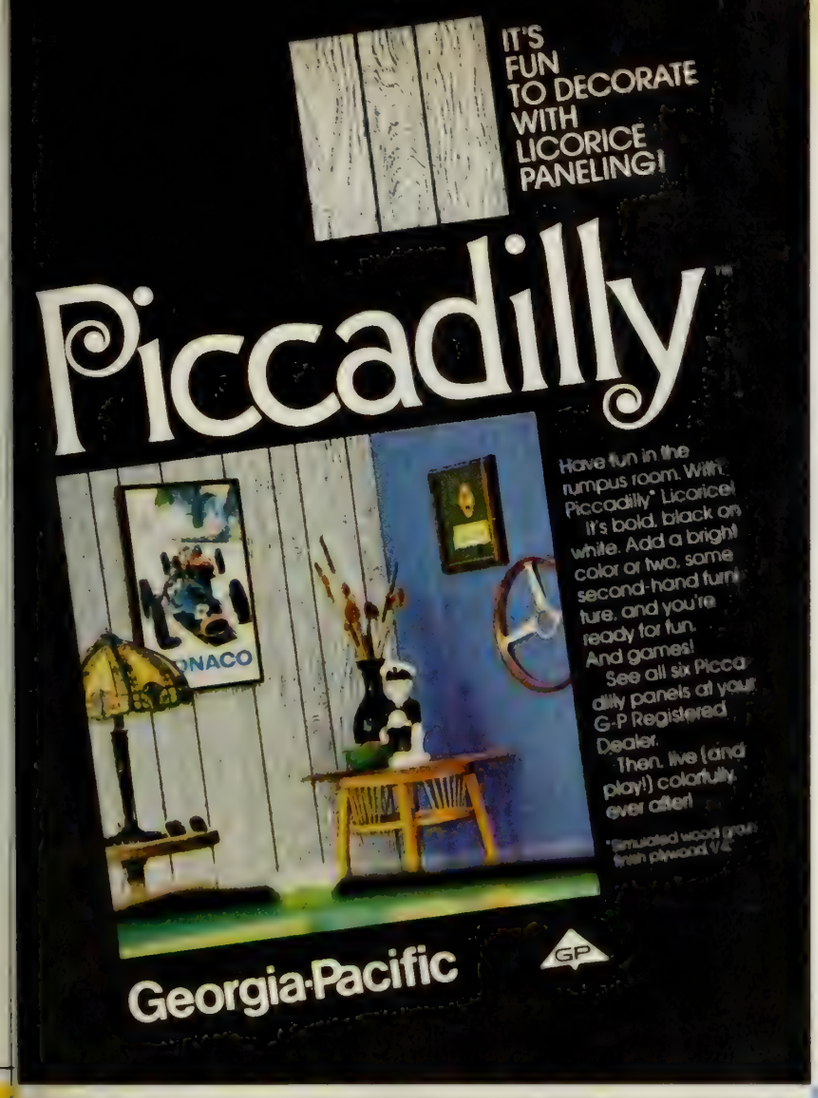
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Here's a fresh recipe for the breakfast nook: take homemade curtains, mix in bright place mats, then add Piccadilly* Lemon Drop!
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pand, causing in the first instance a case of underinflation, and in the latter one of overinflation and possible rupture.

Driving a recreational vehicle

Except for backing a car and trailer combination, there's little difference between driving a recreational vehicle and the family car. But because of the RV's size and weight it will take some getting used to. Practice first for a few hours on a deserted parking lot, at a shopping center, school, or church. Beginners' errors on an empty parking lot won't cause a collision, and there'll probably be painted parking spaces to help you determine how well you're controlling the unit. Take this opportunity to adjust the rearview mirrors so you can see behind you on *both* sides, and put some stress on the unit's braking system while you're there.

If you're taking a trailer, practice the awkward procedure of backing up. When you put an automobile in reverse, the steering actions are just the reverse of forward, but with a trailer you're in what amounts to triple reverse. The vehicle is in reverse gear and the steering motions necessary to guide the trailer are the reverse of what you would use to back up the car alone. Best bet is to go slow and keep practicing. Once you've practiced enough to feel confident with your recreational vehicle, you're ready to drive on the open road.

Slippery conditions present extra skidding dangers for recreational vehicles, so pumping brakes rather than slamming them on is always a safe procedure. When towing a trailer apply the brakes slightly before you would apply them on the car alone. Getting going again is a slightly different process, too. Moderate power steadily applied will do more to get you going than heavy acceleration, which does nothing more than set the wheels spinning. The fast idle that occurs when you start a cold engine can also throw your vehicle into a spin if you put the transmission in drive right away instead of letting it slow itself down.

Climbing hills is much like getting started on a slippery surface —a moderate amount of power steadily applied will do the best job. Picking up speed toward the bottom of one hill to get a running start at another also makes sense, but don't try to make the next hill in high gear if the engine strains. Put the transmission

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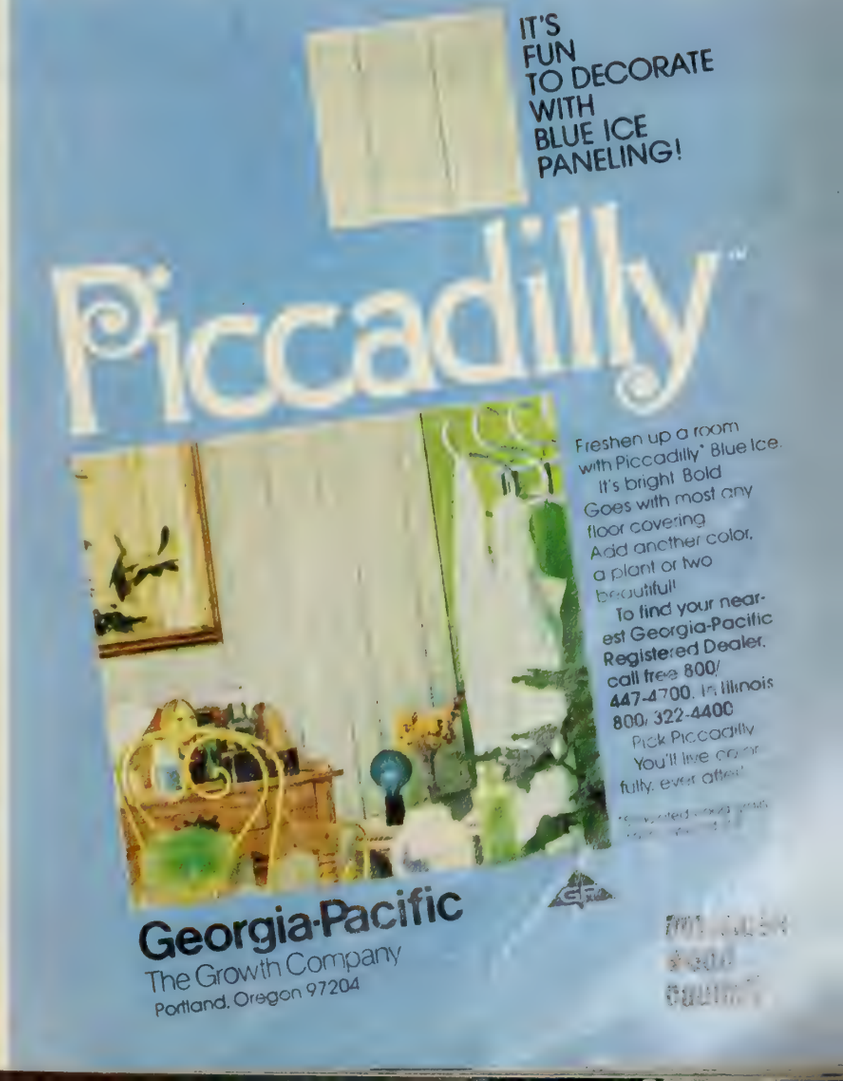
system and also for the living area's light and power. Excessive use of the latter at night could mean a shortage of power to start the vehicle in the morning. But common components aren't many, and a careful reading of the instructions will suggest a reasonable plan to follow. If you have any doubts at all about how something works or how to use it, find out from the dealer before you leave.

Making sure it's safe

Two of the most important safety aspects to check on any unit are the weight limitation of the chassis and the condition and load range of the tires relative to that weight.

The gross vehicle weight (GVW) of any recreational vehicle is the maximum number of pounds that can be safely loaded on its suspension. The body and load carried cannot exceed this amount without sacrificing road stability. A plate mounted on the body should state the gross vehicle weight as well as the maximum weight allowed on each axle. Deducting the unit's actual weight from its GVW will tell you how much personal gear and supplies you can safely carry. The axle ratings will tell you how to distribute the load over the frame. A trip to a public scale before and after the unit is loaded will determine whether or not you're exceeding the gross vehicle weight. Check the load by weighing at each wheel. After consulting the owner's manual for recommended and maximum allowable loads, lighten or redistribute your cargo over the axles as necessary.

Make sure the vehicle you use has tires of the recommended load range for the unit's gross vehicle weight. Motor homes and truck campers should have heavy-duty tires and rims. Check the tires for imbedded foreign objects and remove any that you find—they could work their way into the tire on the road and cause a flat. If any tire has less than 1/16 inch of tread depth in two or more adjacent grooves it should be replaced. Every tire has a cold pressure maximum load range and you must be sure not to exceed it. A check of the tire sidewalls will give you this information. If your load is heavy over one tire, adjust for equal distribution, then inflate the tire to its maximum while it is still cold. *Never* bleed air from a hot tire while on the road or add air to it to maintain maximum pressure; heat makes the internal air ex-



continued

Camper travel—

in the next lower gear. Pushing down on the accelerator pedal just wastes gas, so be prepared to slow down when hill climbing. In hilly country the brakes will have to be used along with a lower gear on downgrades, and the brakes will get hot under heavy use. Stop periodically to let them cool down again.

Since most recreational vehicles are longer than the car you're used to driving, a little extra care is required during certain maneuvers. The keys to s driving are practice and the c stant use of mirrors to keep rear of the vehicle or combi tion of vehicles in view. A keep in mind that you must low for the greater length wh cornering, parking, or passi If you forget only once, you in trouble. Trucks perhaps p sent the greatest passing probl but the trucker will normally fl his rig's lights to let you kn when you've cleared him and pull back in. Being buffeted the wind from a passing t can be dangerous if you lose y head and the steering whee the same time. In this situatio firm grip on the steering wh is all that's needed.

Motor homes and most tra trailers are taller than auto biles, and it's a good idea to out just how tall your unit is fore you start out. A high hicle could get stuck or seve damaged when passing unde low bridge or road obstruct On major highways this isn problem, but it certainly c be on roads to out-of-the- camping sites.

Handling on-the-road emergen

Breakdowns along the high are never fun, but they ca terrifying when you're a long from home. At the first sig trouble the best first step is t your vehicle off the roadw switch on the warning lights, then see what's wrong. To and pushing any vehicle wit proper equipment are alw dangerous; it's best to get to nearest phone and call for h To prevent serious dam never drive on a flat tire or a broken fan belt, failing bra or very low oil pressure.

Larger motor homes and m smaller recreational vehicles dual wheels on the rear These generally function a other tires do, but there is danger that one could go without your realizing it. A t driver guards against this ha by hitting his rig's tires wi tire iron at frequent interva tire low on air should be flated after it cools, then che to see if it holds pressure. I tire is bad, head for the ne truck stop, for changing tires requires a near-expert. glecting a lame tire could in a dangerous tire fire alon highway.

Other than emergencies, problems you might enco should be minor, if the uni serviced properly before you The best bet in case of c failure, and often appliance ure too, is a call to an autom dealer handling the same ma the chassis of your motor h



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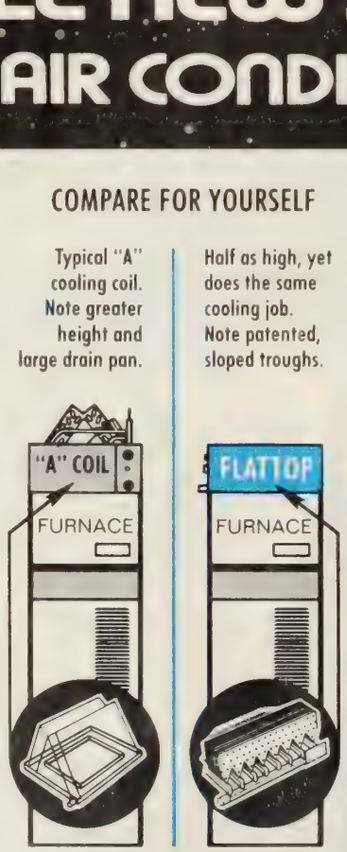
Typical "A" coils require a drain pan (see picture) to catch the humidity (condensate) the coil removes from your home's air. But, these pans may also serve to distort airflow which may mean more blower speed, more power, more noise. If not properly installed, these pans may quickly become an environment for algae, growths and odors.

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Typical "A" cooling coil. Note greater height and large drain pan.

Half as high, yet does the same cooling job. Note patented, sloped troughs.

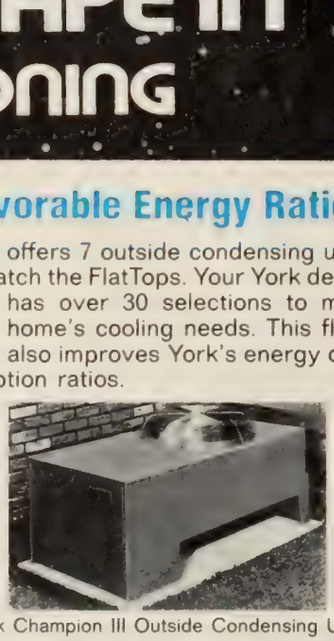


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Easter L'eggs.®

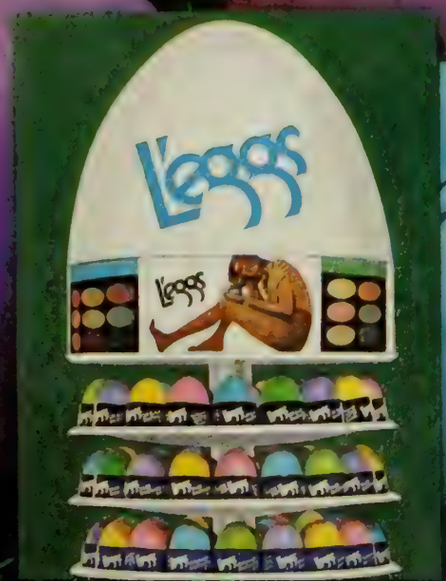
We've colored our white Leggs eggs blue, pink, yellow, purple and green so you can give beautiful Easter Leggs.

Empty L'eggs eggs are perfect for hiding chocolates, jelly beans or tiny Easter presents.

And just for fun, decorate Easter L'eggs with shiny sequins, sparkling glitter and colored felt. Make a whole Easter L'eggs basket with colored Easter L'eggs.

And besides making very fitting Easter gifts, L'eggs fit too! They hug ankles without wrinkling, hold your knees without bagging.

This year, don't color your Easter eggs. We've done it for you!



Hunt for your Easter L'eggs at the L'eggs Boutique.

WHAT'S THE BEST PLACE FOR YOUR SAVINGS

A savings account has always been considered a safe investment, but until recent years that was its only advantage. Depositors in the 1930s had to be satisfied with annual interest as low as ½ percent, and in 1960, three or 3½ percent was about as much as you could expect. Today, savings interest rates stand at all-time highs: five percent is common, and yields running as high as 7½ percent and even more are available through special long-term arrangements.

In the light of these new rates, speculative investments may no longer look so attractive. When you put money into stocks or real estate, you get no promises. You can hope for big profits through capital gains, but you must also face the possibility of losing money. You might even lose the whole investment. Savings, by contrast, offer two gorgeous advantages that look all the better as interest rates climb:

1. *Safety of capital.* As long as your money is in a properly chartered, regulated, and insured savings institution, you are almost certain never to lose it. Even if the institution fails, your money up to $20,000 (a maximum that soon may be raised to $50,000) will be refunded by one of several agencies, such as the Federal Deposit Insurance Corporation (FDIC) or the Federal Savings and Loan Insurance Corporation (FSLIC). No bank or savings and loan association ever guarantees to maintain an interest rate indefinitely, and today's high yields could drop in future years—but the guarantee you *do* get is that you can't lose money.

2. *Liquidity.* You can get to your money in most savings accounts fast in an emergency. If you invest in real estate, you must find a buyer before you can get your money back out. Stocks are more liquid—you can sell most stocks or mutual fund shares instantly just by phoning a broker—but if an emergency arises at the wrong time, you could be forced to sell at a loss.

There are disadvantages to a savings account, too, of course. For one thing, it offers no hedge against inflation, in the sense that the dollars you put in it may continue to shrink in buying power. For another, the interest you earn is taxable as ordinary income. Still, today's high-yield savings deals seem attractive to many middle-income families looking for sound, safe ways to build college, retirement, vacation, and emergency funds.

What should you look for?

Interest rates are high on savings accounts these days because the savings institutions want your money badly. They are competing for it. Each wants you to think it offers a better deal than its neighbors. Amid all the hoopla, how can you tell where your money really belongs?



There are four main types of institutions that pay interest on savings. They are commercial or "full-service" banks, mutual savings banks (found mainly in the Northeast), savings and loan associations (S&Ls), and credit unions. Each has a different financial structure, operates for different purposes, and is regulated by different state and federal laws. Most of the differences needn't concern you. As a matter of fact, many could well vanish in the near future. Congress in 1974 will consider sweeping reforms of the whole banking structure, proposed by a special commission. The reforms would eliminate many old restrictions—for example, laws that now forbid savings and loan associations and mutual savings banks to offer checking accounts or credit card services.

TABLE I

What the different interest rates and compounding methods can mean

Suppose you deposit $100 on the first of each month for five years. How much will you have at the end of the fifth year? It depends not only on the interest rate, but also on the method of compounding.

Interest rate	4½%	5%	5½%	6%
Simple interest (not compounded)	$6,562.50	$6,625.00	$6,687.50	$6,750.00
Compounded annually	6,589.45	6,658.37	6,727.99	6,798.32
Compounded semiannually	6,670.34	6,750.02	6,830.82	6,912.70
Compounded quarterly	6,711.76	6,797.02	6,883.77	6,971.74
Compounded monthly	6,739.73	6,828.95	6,919.65	7,011.76
Compounded daily	6,740.52	6,830.03	6,921.06	7,013.69
Compounded continuously	6,753.07	6,843.25	6,936.11	7,030.25

(Computed by Union Trust Co. of Connecticut)

Whatever the reforms, what concerns you is how much your money can earn in a given institution, under what circumstances. There are three basic factors to consider: the rate of interest, the yield, and the timing with which interest is computed.

Interest

The main determinant of how much your money can earn is the *interest rate*. Laws now limit the rates that various institutions may pay on various kinds of savings plans. (These ceilings would be phased out, too, if the proposed reforms become law; however, there is considerable sentiment against this possibility among many of the savings institutions.)

In general, the lowest rates are paid by commercial banks on regular passbook accounts. (The S&Ls and mutuals offer a bit more.) The advantage of such an account is its liquidity, plus the array of services that a commercial bank offers. You can keep a checking account at the same bank, for instance, and ask to have a stated amount transferred to savings each month—a painless way to save. You might also be attracted to this kind of account if you foresee that you'll want to dip into savings occasionally for small lumps of money, or if you're worried about a sudden emergency need.

If you feel you don't want to touch your savings for several years, you can get higher interest rates at most institutions by committing money in various longer term deals. In some of them you agree to give the institution a certain amount of notice—60 or 90 days, for instance—before withdrawing cash.

Another high-interest arrangement is the so-called *"certificate of deposit,"* or CD, which works very much like a savings bond. It matures in a stated number of years—most commonly one to four. You either pay a penalty for cashing it early, or you absolutely can't cash it early. (In a dire emergency, of course, you can always borrow against it.)

The very highest interest rates now offered to ordinary savers are carried on CDs that mature in four years or longer and are sold in denominations of $1,000. Commercial banks are allowed by law to offer 7¼ percent on these CDs; the S&Ls and mutuals can offer 7½ percent. *(Note:* These ceilings put the lid on the "wild card" CDs allowed for a time last year. On these, interest rates were set by competition, not legal limitation, and some ranged as high as nine or ten percent. If you bought such a CD before October 31, the deal is still valid; however, the rates on new CDs were curbed after that date.)

Yield

The interest rate isn't the only figure you should look at when shopping for a savings

continued on page 138

Only Venice is Venice.
Only V.O. is V.O.



There is only one Venice. One city of canals and lagoons, where beauty is the hallmark of all creation.

Generation after generation, for a thousand years, Venetians have commissioned the greatest artists of their time to embellish their homes and public buildings.

Leonardo da Vinci, Titian, Tintoretto, Giovanni Bellini—the Renaissance masters perfected their art here, and left it as a legacy, a monument to the betterment of the human spirit. And so the city has accepted it. In carnivals and celebrations, festivals and holidays, the people renew old traditions. They gather as they have for centuries, for small talk and philosophy, symphony and espresso.

And through the years, only Venice is Venice. Europe's greatest drawing room. A treasure house of art and architecture. A one-of-a-kind creation.

Like Venice, Seagram's V.O. is also a one-of-a-kind creation. Through the years, V.O. has stood apart, as a whisky uncompromising in quality, with a tradition of craftsmanship that has made it The First Canadian in smoothness. The First Canadian in lightness. And The First Canadian in popularity throughout the world.

Only Venice is Venice. Only V.O. is V.O. All the others come after.



Seagram's V.O.
The First Canadian.

CANADIAN WHISKY—A BLEND OF SELECTED WHISKIES. 6 YEARS OLD. 86.8 PROOF. SEAGRAM DISTILLERS CO., N.Y.C.



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Good food from scratch

Today's back-to-nature movement is old hat to Fred Emerson Jones of Columbus, Ohio. He started gardening at age 25 (in 1906!). When we visited him in his garden 68 years later, we found he's still going strong. This 93-year-old wonder man sows the seeds in his garden each spring with loving care. There are small hills of cucumbers, poles of lima beans, and straight-as-an-arrow rows of sweet corn, turnips, and potatoes—but tomatoes get top billing. There's also an abundant fruit crop of sour red cherries, peaches, pears, berries, grapes, and apples. Besides sharing this picture-perfect produce with friends and relatives, Fred carefully cans tomatoes and freezes corn, vegetable soup, and the like to enjoy all winter.

Next to gardening, cooking is Fred's favorite pastime. We talked him into fixing his famous Fried Chicken recipe for us. Accompanied by fresh corn on the cob and thick slices of red ripe tomatoes, this was truly a down-to-earth feast.

FRIED CHICKEN

⅓ cup crushed shredded wheat biscuit
3 tablespoons dry cream of wheat
1 tablespoon all-purpose flour
1 teaspoon sugar
1 teaspoon paprika
¾ teaspoon salt
¼ teaspoon pepper
4 large chicken legs
4 large chicken thighs
Milk
Cooking oil
1 recipe Cream Gravy

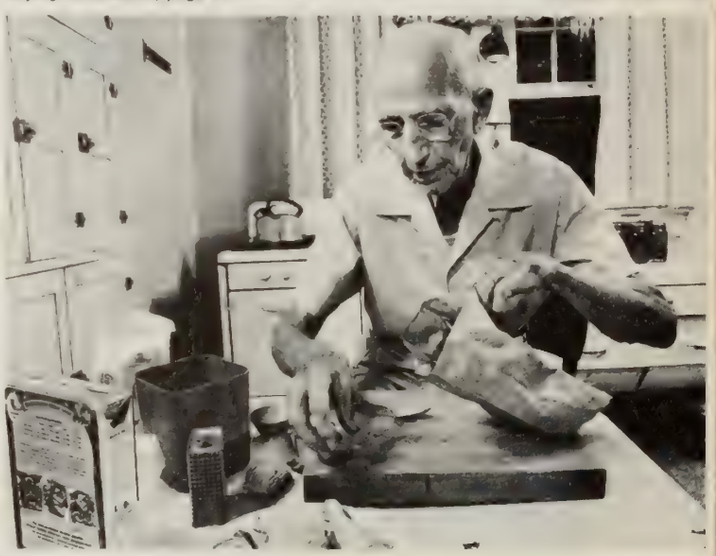
Place crushed shredded wheat, cream of wheat, flour, sugar, paprika, salt, and pepper in plastic or paper bag. Close bag and shake to mix. Dip chicken pieces in milk. Shake chicken in wheat mixture, one piece at a time, till well coated. Place on rack; let dry about 20 minutes. Heat ¼ inch of oil in large heavy skillet. Brown chicken pieces slowly in hot oil 15 minutes. Reduce heat; cover. Cook over low heat for 30 to 40 minutes or till tender. Uncover last 10 minutes to crisp chicken. Remove chicken to warm platter. Serve with Cream Gravy. Makes 4 servings.

To make Cream Gravy: Discard all but 3 tablespoons drippings in skillet. Blend 3 tablespoons all-purpose flour into drippings. Add 1½ cups milk, ½ teaspoon salt, and dash pepper. Cook and stir till thickened and bubbly. Cook 1 to 2 minutes more. Makes 1½ cups gravy.

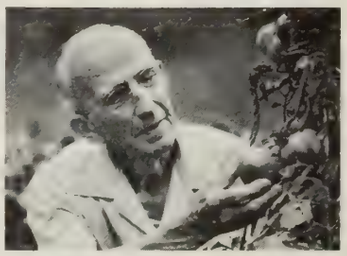


Buying information, page 147

Photographs: Helms; Dieter



The Fried Chicken starts out with a nutritious coating of crushed shredded wheat biscuits and dry cream of wheat cereal.



A garden responds to tender loving care. Here Fred Emerson Jones examines his prize tomatoes before picking.



With the help of a hand plow, this 93-year-old gardener still cultivates regularly between rows of his showcase plants.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. No food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become property of Meredith Corporation.

Get $3 cash back on a Marx Big Wheel

with proofs-of-purchase from a Big Wheel and 4 boxes of Cap'n Crunch cereals.



Cap'n Crunch will give your children their morning supply of B vitamins and iron.

A Marx Big Wheel will give them hours of safe fun anytime of day.

And this offer will give you $3 cash back: Save the proof-of-purchase (the assembly instruction sheet) from a Marx Big Wheel, and send it along with 4 purchase seals (one each from at least 3 different Cap'n Crunch cereals) and the refund order form to Big Wheel Promotion, P.O. Box 391, Maple Plain, Minnesota 55359. And you'll get $3 back.

As the Cap'n himself says, "It's good nutrition for your crew and a good value for you."

Details and refund order form on packages of Cap'n Crunch cereals.

True Value HARDWARE STORES

LAWN and

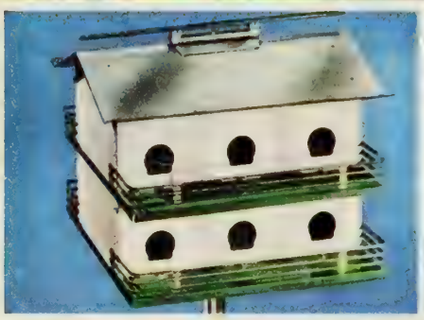


TRU-TEST Electric-Start Tractor

Heavy-duty power makes light work of lawn mowing. Synchro-Balanced 8 hp Briggs & Stratton engine starts with the turn of a key. 4-speed transaxle drive, geared steering, disc brakes. Floating front suspension. 32" twin blades. 4 cutting height adjustments. **579.99**

TRU-TEST 5 hp Rear Engine Ride

Powerful, quiet-running, easy-ridi mower with full 25" cut. 4-speed driv Full 360° baffled deck, high-lift a tempered steel blade, hand lev clutch. Easy pull side recoil starte variable speed throttle contro safety key shutoff. Safety chu deflector. Cutting height adjus 1½"-3¼". **279.9**



TRIO Martin System

Rid your yard of mosquitoes this summer. 12 room house on 14' galvanized post, nylon raising lanyard for easy cleaning. Weather-proofed aluminum. **49.95**



NK Fast & Fine Seed

Fine textured, fast starting grass seed specially blended for rebuilding older lawns. Grows in compact soil. 2 lbs. **3.95**
Flower & Veg. seed packets from **35¢**



GB Sturdy Welded Fence, Vinyl-Coated, Rustpro

A Yard Gard, 14-ga. galvanized wire permanently bonded in vinyl. Ideal lawn vider, pool enclosure, outdoor playpen. Green or white. 50 ft., 36" high . . **14**
B Heavy vinyl-coated posts can't corrode, chip or peel. Square channel constr tion for maximum strength. Packs of 10, 48" high. **8.39** 60" **9.39** 72" . . **10**
C Flower Border with stakes, also hangs as trellis. Green or white. 14"x25' **3**



RAIN BIRD Lawn Sprinkler

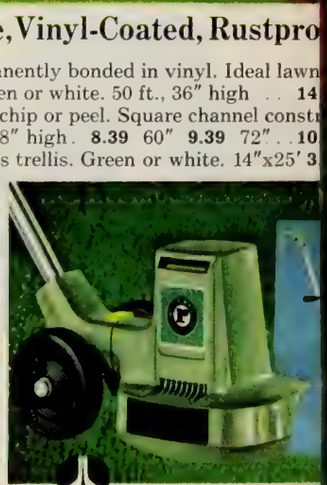
Brass impluse head mounted to rugged, easy-to-move wheel base. Adjusts to water 30'-80' dia. areas, over 4,000 sq. ft., full or part circle. No backsplash. **9.94**

TRU-TEST Reinforced Hose

Vinyl plus nylon to stay strong and flexible through all weather. Easy to handle. Solid brass couplings. ⅝" ID. Premium burst strength. 60 ft. Orange . . . . . **9.94** Green **5.99**

NELSON Dial-A-Rain

Dial a choice of 4 watering patterns up to 3,000 sq. ft. 19 brass jet nozzles assure uniform coverage without waste. Efficient even at low pressure. **13.66**



Rockwell International Edge & Tri

Do 2 jobs easy as walking around yo lawn. Double-insulated for safety. wheels plus guide wheel for easy h dling. Powerful motor, 8" blade, trigger switch. **34.9**

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Prices may vary and are subject to change without notice. Space may prevent some participating True Value Stores from stocking all items. Most famous na

GARDEN VALUES

There are 4500 True Value Stores in 50 states. For one near you look under "Hardware" in the classified Yellow Pages phone directory.

Shop hundreds of values at your leisure in the 1974 Spring & Summer Catalog. Pages of timely savings on lawn and garden and home care needs. Watch for it in the mail. Or pick one up at your nearby True Value Hardware Store.



TRU-TEST DELUXE 20" Rotary Mower

Big 3½ hp Briggs & Stratton engine features automatic choke, instant easy-lift starter, oil dip stick. Austempered steel blade stays clean and sharp. 360° baffle has side ejection, wash-out port. Heavy-duty radial disc, roller bearing wheels. Folding safety handle has remote throttle. All assembled with grass catcher. **92.99**

22" Deluxe 4 hp Rotary Mower, with grass catcher **99.99**

Fold-away Safety Handle

Radial disc wheels, Everol roller bearings

Spring-loaded Safety Chute Deflector





TRU-TEST DELUXE Self-Propelled

2-speed front wheel drive makes mowing easy. 4 hp engine, easy-lift start, automatic choke. Remote controls on handle. 8" wheels, height adjusters 21". **139.99**



TRU-TEST 18" Electric

Rugged 10 amp motor stops and starts instantly. Remote switch and 3-wire connector on folding handle. Full baffle, nylon-bearing radial disc wheels. **54.99**

TRU-TEST 3 hp 20" Rotary

Outstanding value! Easy-lift starter, austempered steel blade, 360° baffled deck with wash-out port, side ejection. 7" radial disc wheels. Throttle on handle. **78.99**



JACOBSEN 21" Power-Propelled

Turbo-vent rotary system has upper and lower air flow for more efficient cutting and bagging. Variable speed front wheel drive lets you adjust both walking and blade speeds to suit the job. Pre-set carburetor, continuous lubrication, up-and-away starting make it easy to use, maintain. Full safety features. Twist-grip clutch control on fold-down handle.

189.95



TRU-TEST Garden Tiller

5 hp Briggs & Stratton engine sits right over tines for deep-digging stability. Heavy slasher tines. Power reverse, throttle, drive on handle. **179.99**



ORTHO Greener Lawns

Lawn Food, 22-4-4. Complete, fast-acting nutrients in quick-dissolving pellets. Just water in, won't burn. Builds lush green lawns fast. 6,000 sq. ft. . . **5.95** 12,000 sq. ft. . . . **9.95**



Cordless Sprayer

Max nozzle controls pattern, nt, direction of spray. Perma- rechargeable batteries. Poly- ene container. ½ gal. **27.88**

Test 3 gal. galv. tank spray **10.66**



TRUE TEMPER Save On Fine Lawn & Garden Tools

D	22" pull-type lawn rake. Spring tempered steel teeth sweep clean	3.99
E	15" garden bow rake. Hot forged steel head, 5' handle, curved teeth	4.99
F	All-purpose spading fork, 10" tines designed for maximum lift	5.99
G	Tru-Test garden hoe, steel blade has sharp cutting edge	3.99
H	Heavy-duty hollow back dirt shovel, round point blade, 47" handle	5.44



TRU-TEST Supreme Cordless Shear

Trim your lawn quickly, quietly and cleanly. Recharges overnight. Wide non-stick coated blades stay clean and sharp. Lightweight **14.99**

Long handle and wheels **6.95**

s City; Atlanta; and Dallas serving over 4500 True Value Hardware Members who own their stores, set their prices and reserve the right to limit quantities.
ls illustrated are also available at many other hardware stores. For honest values and better service...shop at a hardware store. Prices expire May 4, 1974.

By Stephen Mead

SIX WAYS TO MAKE YOUR HOUSE MORE LIVABLE

If your floor plan no longer copes with family pressures, and you're considering buying or building another house to solve the problem, take another look at your current house before making the big move. You may discover that by remodeling or adding space, you can get just what you want —and save money to boot.

Three of the most common "wants" are family room, children's suite, and master bedroom. So, we've designed two versions of each—one in existing space, the other as an addition. All six relate to a two-story, tract house (plans at right). The same ideas can be adapted, however, to nearly any plan.



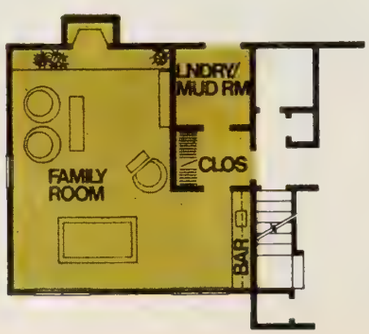
The most popular spots for a new family room are basement, garage, bedroom, or dining area. In our example (below), we moved into the 20x20 garage.

Note that the family room doesn't occupy all 400 square feet. A 7x12 rectangle partitions space for laundry/mud room and a walk-in closet/storage compartment—two prized extras on most "wish" lists.

The walls, ceiling, and floor can be finished off to suit individual tastes. If the roof is supported by a truss system, start the ceiling at the bottom of the trusses, or remove the trusses and redistribute the roof weight —with the help of an expert.



Designer: Stephen Mead
Drawings: Amundson Studios



ADDED SPACE



The family room addition ties into the rear of the house, buffered from the main structure by a breakfast room and a deck. The only access to the deck is through the breakfast area, assuring good privacy for the family room.

A traffic corridor leads from the kitchen into the new addition. (In most cases, space for the passageway can be created by moving an appliance or by shortening a counter.) We removed the former wall above the kitchen counter to merge the new breakfast area with the kitchen.

Exterior styling can maintain the same basic design of the house or depart from it as personal taste dictates. We introduced a fresh, contemporary look, featuring deep-set, floor-to-ceiling windows on the fireplace wall. Wood siding, applied vertically, covers the prefabricated fireplace and stack unit.





REMODELED SPACE

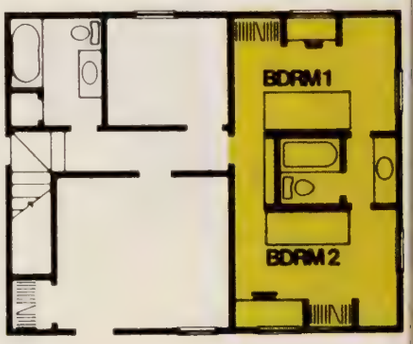
A children's suite—complete with bathroom—does wonders for early-morning traffic jams. And the kids take great pride in having their own private retreat for play, study, and sleep.

The best location for a children's suite in our tract house seemed to be the space occupied by the two bedrooms at the end of the hallway. But, because one of the rooms was the former master bedroom, we first converted the other front bedroom to master-bedroom size by shifting a 4x11 section from one to the other.



Then the closet units dividing the two rooms of the suite were moved to outside walls to make room for the full bath that opens into both areas. (Because the two doors are within easy reach of each other, the occasional inconveniences of a two-door bathroom are avoided.)

Separated as far as possible from each other are built-in study desks. Additional storage space is available in the entry hallway, convenient to both rooms.



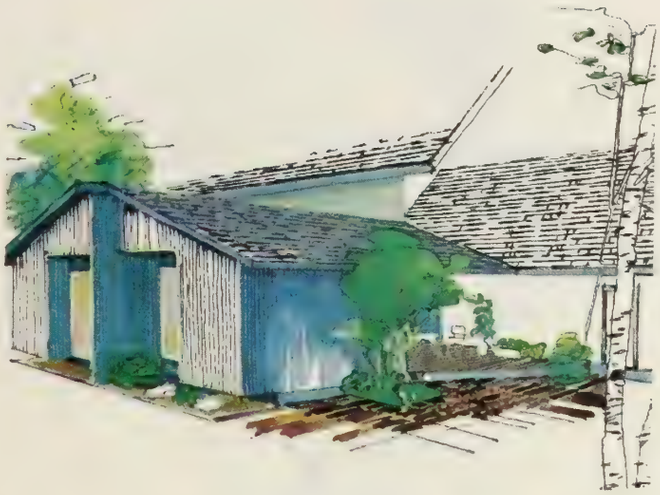


ADDED SPACE

The new children's wing—as with the other additions—opens off the back of the house, yet doesn't disrupt existing living patterns. Access is through a corridor that occupies space salvaged from the half bath by realigning the bath fixtures and displacing the linen closet.

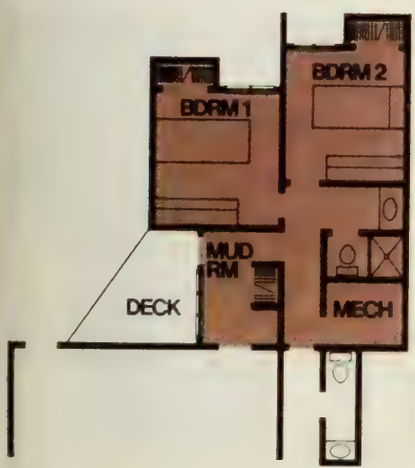
Two additional entries—one through a mud room off the garage and the other leading from a deck—help minimize traffic through the house.

A general-purpose room along the main corridor accommodates auxiliary heating equipment if necessary, with plenty of room left over for play equipment and athletic gear.



Cantilevered closet units (see plan and drawing at left) reduce the amount of foundation needed and protect the deep-set windows from overexposure to sun and weather.

Neither bedroom needs to be large to be serviceable. The two major furniture pieces—a built-in bed and a study/storage unit—make good use of available space.





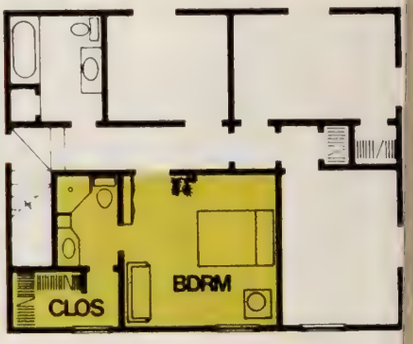
REMODELED SPACE



Annexing space onto the largest bedroom is *not* always the best way to begin putting together a master bedroom suite. The most common problem with that approach is that the room that loses space usually ends up being too small to function satisfactorily as a bedroom.

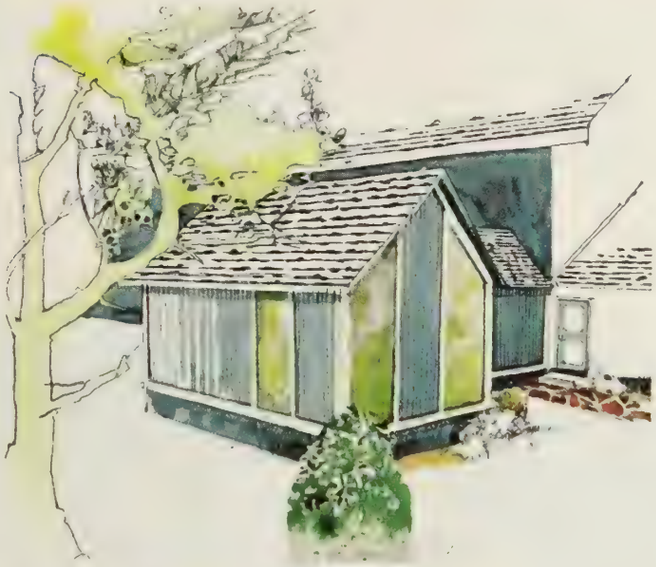
We reversed the procedure in our remodeling project, starting with the bedroom nearest the stairway and borrowing roughly six feet from the former master bedroom.

The resulting suite now boasts the largest sleeping area in the house—*plus* a spacious walk-in closet, ample lounging space, and its own bathroom. (Note the short distance between new and existing baths —an important factor when it comes to plumbing costs.)





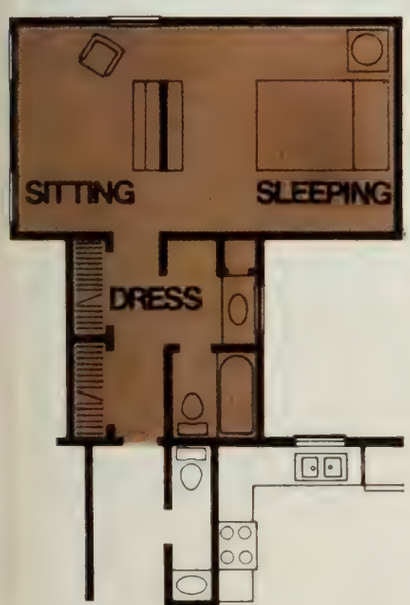
ADDED SPACE



A master bedroom addition is the ultimate in privacy. Tucked behind the main structure, the suite can be a welcome sanctuary from the fast-paced activities of a growing family. Here, entry is through the same traffic corridor suggested for the children's wing. Flanking the new hallway are a full bathroom/dressing area on one side and 11 feet of hanging storage on the other.

As with the other additions, the total area involved certainly isn't excessive. But the sleeping zone is ample, and there's enough space left for a comfortable sitting area—a spot to read, relax, or watch TV without bothering anyone who may be sleeping. The freestanding divider that separates the two zones doubles as the main storage piece.

A glass curtain wall at one end of the suite encourages daytime use of the sitting area.





RECYCLING
A THRIFTY NEW CRAFT FOR THE WHOLE FAMILY

Think positive! When grocery bags, bread wrappers, and old neckties pile up at your house, consider them as raw materials for all sorts of crafts. It's surprising how a clutter of ordinary throwaways and giveaways can be converted into useful and exciting craft designs. Nearly all the projects we show are quick and easy to make and require little investment in new materials. Although the designs begin with castoffs, the results are well worth keeping. How-to information begins on page 102.



Designer: Ciba Vaughan; Photographs: Hopkins

Do your kids outgrow things faster than they wear them out? Then you doubtless have ample material for "stuffed shirts" like these. Choose a pillow form that fits the garment, add scraps of stuffing for sleeves, and sew up the openings securely. You may need to patch a worn spot or opening with matching fabric.

If you've admired everything about hanging planters except the prices, try making your own. This one is a real eye-catcher, yet it costs next to nothing because each "pot" is a frozen dessert topping container. If you're a macrame expert, you can knot the string around containers; we just twisted the string and anchored it with lids.

Designer: Ann Joselyn



Almost any type of glass bottle or jar has decorative potential if you supply a little imagination. Here we show just one of the many ways you can glamorize glassware. Simply apply liquid leading and glass stain to the exterior. It's a technique that adapts to all shapes and sizes of glassware, with luminous results.

Designer: Jan Ruhl





Designer: Mimi Shimmin



Designer: Ciba Vaughan

With today's food prices, it's smart to make the most of even the sacks that hold your groceries. And there are countless possibilities for these sturdy brown wonders. Start with an extra-easy project, such as our place mats woven from strips of heavy-duty bags. Scissor-handy children can enjoy bag-weaving, too.

Plastic bags can be a gold mine of material for crafty-recyclists. If you're an experienced crocheter, try a throw rug of plastic, using strips of dry-cleaner bags, bread wrappers, or whatever you have on hand. The rug takes time, but it will be long wearing and easy to clean, and your only investment will be a crochet hook.

Buying information, page 147

RECYCLING
A THRIFTY NEW CRAFT FOR THE WHOLE FAMILY



Designer: Ciba Vaughan

Worn-out pairs of panty hose have plenty of recycling potential. For starters, you can turn them into terrific braided rugs and seat cushions. Both opaque and natural colors braid well and are wonderfully washable. A variety of colors makes any braiding more interesting, so ask your friends to save pairs for you.

If you have bits of lace too small to sew with, think of them as possible patchwork or appliqué designs. Even oddments can be elegant when you sew them in a new way. Almost any fancy trim will do, snipped from old dresses, tablecloths, lingerie, doilies, or sewing leftovers. We appliquéd dainty lace strips to pillow tops.

Do you have a drawerful of head and neck scarves that you seldom wear? Put them to a different, more spectacular use as a patchwork coverlet. Winter-weight scarves work beautifully, too, whether you sew them together whole or cut them into smaller pieces. Our coverlet is backed with a sheet, lined with batting, and tufted.

Designer: Ciba Vaughan







Designer: B. J. Casselman



Designer: Ciba Vaughan

Here's one of the handsomest tin can projects that we've seen in a long time. You start with a trio of coffee cans in graduated sizes and cover them with alternating bands of leather and thick twine. For the canister lids and bases, you cut circles of wood and paint them black. Metal rings on the lids provide sturdy handles.

If the men in your house can't bear to part with their old neckties, here's how they can recycle the surplus. Weaving whole ties on a nail frame loom is a quick and easy way to make something new and useful. No matter what designs the weaver combines, he can achieve interesting rugs, bags, pillow covers, and hangings.

Buying information, page 147

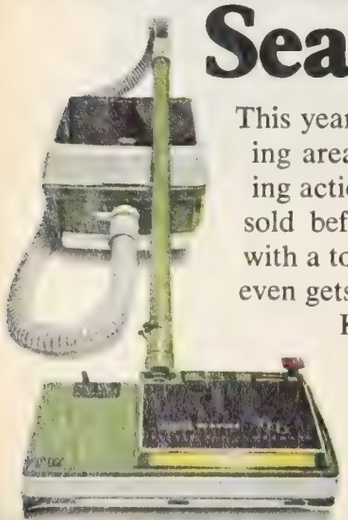


After vacuuming with Sears regular rug attachment.



After vacuuming with Sears Powermate attachment.
(Actual unretouched photographs)

New! The most powerful Powermate vacuum Sears ever sold.



This year's Powermate® has a bigger cleaning area than ever; gives you more cleaning action than any Powermate Sears ever sold before. Adjusts to the deepest shag with a touch of your toe. Built-in edge tool even gets dirt in the corners. See this year's Kenmore Powermate at most Sears, Roebuck and Co. stores.

Also in the catalog. Model No. 2499.

Powermate results verified by Good Housekeeping Institute

Sears

GOOD NEWS

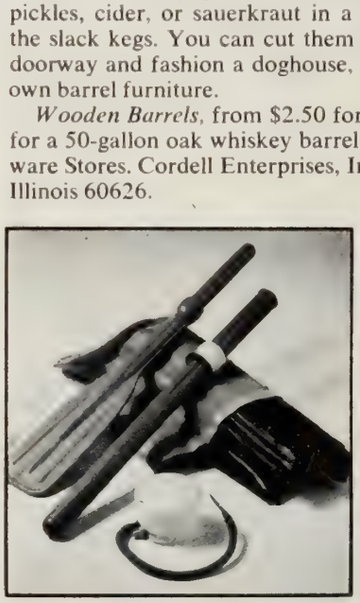


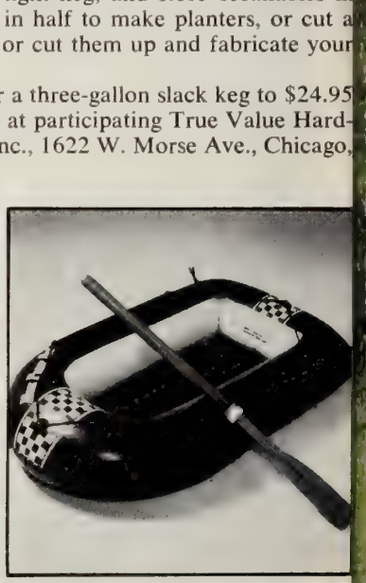
What's new about wooden barrels? Nothing, except now they're available—and at very reasonable prices. Some are new, some are used, but all are useful as either containers or as the starting point for some really interesting projects.

Two basic types are available; "tight" barrels that are waxed or charred on the inside and suitable for liquids, and "slack" barrels that are meant to hold solid objects.

What are they good for? Well, you can make your own wine, pickles, cider, or sauerkraut in a tight keg, and store breakables in the slack kegs. You can cut them in half to make planters, or cut a doorway and fashion a doghouse, or cut them up and fabricate your own barrel furniture.

Wooden Barrels, from $2.50 for a three-gallon slack keg to $24.95 for a 50-gallon oak whiskey barrel at participating True Value Hardware Stores. Cordell Enterprises, Inc., 1622 W. Morse Ave., Chicago, Illinois 60626.





You can carry this compact boat to those serene fishing spots. Weighing just over four pounds, it's lighter even than a pair of chest-high waders. But inflated, it will safely float a fisherman weighing up to 200 pounds out to where the big ones are biting.

Packed in its lightweight nylon stuff bag, the boat is easily lashed to a backpack frame. You can inflate the boat in just a few minutes with the foot-operated pump. Conforming to Coast Guard regulations, the boat has separate air chambers, safety valves, and a safety rope all around.

The two-piece plastic paddle breaks down to just 27 inches overall and weighs just a few ounces. Just slip the two sections together and give the lock ring a quick twist, and you're ready to paddle out away from shore.

Back Pack Boat with paddle, pump, and stuff bag, $20. Gloy's Division of Amdis Corp., 899 Broadway, New York, N.Y. 10003.

continued

The Bassett® Plan.

It won't break you.

It's your first house. You've got a lot to do. And you want to get moving.

Well, we can help. With furniture at prices you can afford to live with.

In this living room, the sofa and two chairs sell for under $660. The dresser, mirror, chest and headboard go for under $555. The Daydreamer lounge chair? Less than $150. In fact, the retail value of the whole houseful is less than $5,000. Or, about the same as the new car in the driveway.

We have over 6000 beautifully crafted pieces you can easily afford to live with for years. Because we protect most of our fine finishes with Du Pont Dulux®. And upholstered pieces with Du Pont Zepel® soil/stain repeller.

If you're planning to make a move, try the Bassett Plan. Bassett lets you show your style, now.

For a 40 page furniture/decorating IDEA BOOK, send 50¢ to: Bassett, Dept. C 44, Bassett, Va. 24055.

Win this house full of furniture or, the 1974 Mustang II Ghia in the Bassett National Sweepstakes. Enter at your nearest participating Bassett dealer. Anyone can win. Nothing to buy.



Free

16-page book on

"Window & Door IDEAS"

for traditional and contemporary homes.



If you're thinking about building, buying or remodeling, this 16-page book on window and door selection can be very helpful. Find out how Pella Windows can eliminate storm and screen chores. How you can cut outside maintenance to a minimum with our exclusive Pella Clad exterior. And how you can reduce heating and air conditioning costs with our Double Glazing System. All windows are not created equal. So before you select the windows for your next home, send for your copy. Fully-illustrated, in color, and yours free

Please send me a copy of your "Window & Door IDEAS" book. I would like to know more about: ☐ Double-Hung Windows, ☐ Casement Windows, ☐ Awning Windows, ☐ Sliding Glass Doors, ☐ Wood Folding Doors.

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Mail to: Pella Windows & Doors, 100 Main St., Pella, Iowa 50219, Dept. C01D

THOSE HORRID AGE SPOTS

"I was so embarrassed, I had tea with my gloves on."



"Then I found Esoterica. The medicated cream that works below the skin's surface, in the pigment-forming cells, to help lighten and fade age spots and other darkened skin discolorations on hands and face.

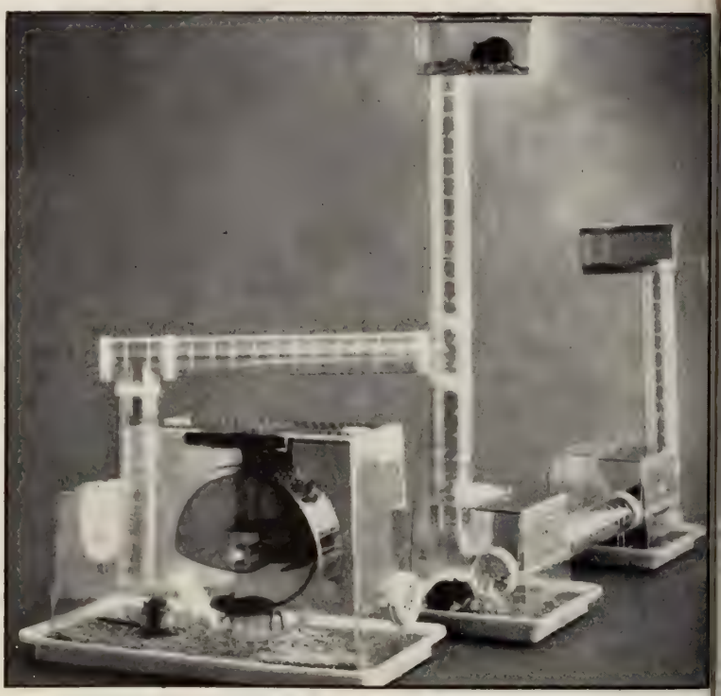
In a matter of weeks, my skin looked younger and clearer."



Esoterica®

HELPS FADE EMBARRASSING AGE SPOTS.

GOOD NEWS



Pet gerbils and hamsters feel at home in this modular confinement system that simulates their underground habitat. The basic expandable home and various satellite houses are made of crystal clear styrene. Children can see in, the pets can see out—but can't escape.

The plastic tunnels and tees snap together to form a pet-pleasing labyrinth of tunnels and turns. And, there are many features the young pet owner's mother will like, too. All parts snap apart for scrubbing with soap and water. And if a squeamish mother somehow gets the job of periodic cage cleaning, she can do it without touching the animals. When the house is lifted off the tray, litter falls through the integral mesh bottom while the pets stay confined.

Living World Habitrail Sets, from $9.49 in pet depts. Metaframe Corp., 41 Slater Drive, East Patterson, N.J. 07407.



You can put up paneling like a pro using this tool that drives nails the way a staple gun drives staples.

The tool drives and countersinks the nail in one stroke. The tiny nails come in colors that make them nearly invisible on almost any paneling surface.

You'll find the nail gun useful for many other projects besides paneling a wall. It's ideal for installing molding and trim. On small wood projects that will have glued joints, spread the adhesive and use the tool to drive just enough nails to hold the pieces till the glue sets.

Whammer 2001 Nail Gun, $19.95 in hardware depts. Swingline, Inc., 32-00 Skillman Ave., Long Island City, N.Y. 11101.

continued



Washed by GE's Potscrubber™ Dishwasher. Witnessed by Good Housekeeping.

Good Housekeeping can't afford to take chances with their good reputation.

So when we asked them to witness a demonstration of our Potscrubber Dishwasher on September 18, 1973, we knew they'd be tough.

This was their only requirement:

Show that the Potscrubber cleans dirty pots normally found in the home.

First came the pots and pans. Aluminum, ceramic, porcelain enamel on iron, glass, stainless, even an old pot of questionable origin was used. Non-stick-coated items were rejected. They were too easy.

Then came the messy part. Our home economists outdid themselves with an assortment of tough cleaning problems. We had chicken in gravy, pea soup, sticky beef stew, a thing we called "spinach disaster," angel food cake (a real tough one), and chicken cacciatore. And as if these nightmares weren't hard enough to clean, we let them "age" 3 hours to simulate your "standing time" at home. Then we washed them along with full loads of soiled dishes.

A lot of different kinds of pots and pans.

A lot of different kinds of cooked foods.

And Good Housekeeping watched every move we made for three solid days. These are unretouched "before" and "after" photographs. Proof of what the GE Potscrubber Dishwasher can do under some of the tough conditions you might have at home.

Maybe that's why so many people are satisfied with the Potscrubber Dishwasher.

We know Good Housekeeping feels that way. That's how we earned their seal.

And we back up our performance with another dependable feature. Customer Care... Service Everywhere.™

This is our pledge that wherever you are, or go in the U.S.A., you'll find a qualified GE serviceman nearby should you ever need him.

The Potscrubber Dishwasher... another reason why GE is America's #1 major appliance value.

GENERAL ELECTRIC

NOW YOU CAN TOILET TRAIN YOUR BATHROOM BOWL.



Turn the top to halfway open for regular action.

Turn to completely open for extra action.



New Solid Automatic VANiSH®

The bowl cleaner that lets you adjust the blue color so you control the cleaning and deodorizing action.

Now you don't have to settle for a solid toilet bowl cleaner that you can't control. Now, there's new Solid Automatic VANiSH.

Only Solid Automatic VANiSH has an exclusive Select-a-Blue™ Color Control. A clever, simple-to-operate adjustable top. Open it halfway for light blue and mild cleaning and deodorizing action. Open it all the way for darker blue and stronger cleaning and deodorizing action. The color of the water is your guide to the cleaning and deodorizing you'll get.

Like regular Liquid Automatic VANiSH, Solid Automatic VANiSH works 24 hours a day. Brightening. Whitening. Cleaning. Deodorizing. And no other bowl cleaner has its fresh, clean scent.

So keep your bathroom bowl under control. Get the new one! Solid Automatic VANiSH. It makes your bathroom bowl do what you want it to.



LIQUID. SOLID.
Now there are two.

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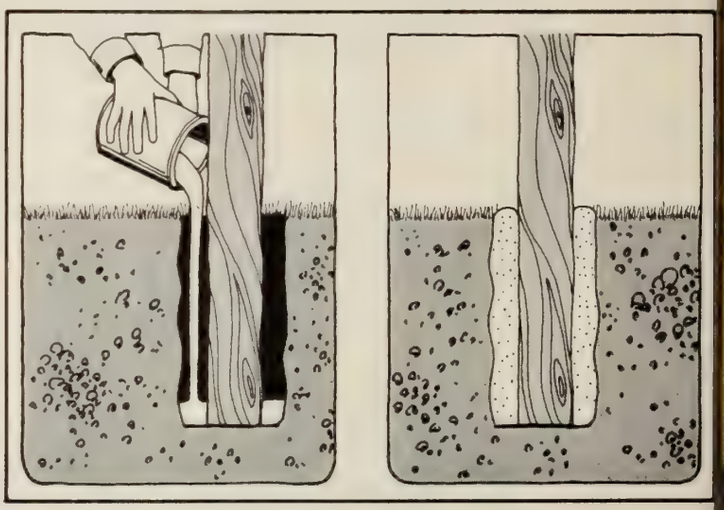
GOOD NEWS



Serve up waffles with extra-deep pockets that catch melted butter, syrup, or your favorite fruit topping. The range-top waffler turns out light Belgian waffles, twice as thick as the ones your family grew up with, and in half the time it takes with an electric waffle iron.

Made of heavy cast aluminum, the waffler has a non-stick Teflon II interior. Individual thermometers help you keep the baking temperature constant.

Bundt Belgian Waffler, available in harvest gold, avocado, poppy, and cinnamon, $14.95 in housewares depts. Northland Aluminum Products, Inc., Minneapolis, Minn. 55416.



Now you can set a post permanently in any weather and use it as a support structure almost immediately. This means that a deck-building project really is a weekend job. There's no waiting for concrete to cure. If you're fencing in your yard, you can stretch your chain link or nail up boards as soon as you've finished setting the last post.

The setting material is a polyurethane plastic foam that's easier to use than concrete and leaves no mess to clean up. Just mix the two parts of the compound together in equal amounts and pour the mixture into the hole around the post. In less than a minute the material foams and expands to 15 times its original volume, adhering to both the post and the soil on the walls of the hole. The rigid foam reaches 60 percent of its strength—enough for the post to be used—in eight to ten minutes. The foam fully cures overnight.

Polyurethane foam has one other important quality—it's closed cell structure makes it waterproof and impervious to most soil acids and insect attack. Wood posts won't rot, and metal posts can't corrode.

Postset, $22.50 for one gallon kit (enough for ten 4x4 posts set two feet deep). W. R. Zehfuss & Assoc., 1045 31st St., West Des Moines, Ia. 50265.

Can you tell which is hamburger and which is Top Choice®?





Top Choice® Chopped Burger For Dogs looks so much like hamburger it's hard to tell the difference.

It's so moist and meaty it even holds together just like hamburger.

What's more, it's made with beef by-products and real beef. Plus all the vitamins, minerals and vegetable protein for the complete nutrition hamburger doesn't have.

Top Choice Chopped Burger For Dogs?
Or hamburger?
We think the choice is simple. Oh, and by the way, it's Top Choice on the left.

Top Choice. For dogs who love hamburger. It's better for them!

A GREAT NEW PATTERN IN FINE CHINA BY ELJER.

There's nothing else like the look, the feel, the richness of fine china.

Eljer makes it. At prices anyone can afford. In a new gleaming, seamless, one-piece lavatory, with the bowl and countertop all in one piece of fine china. Eljer calls it Vanessa.

Real vitreous china. Strong. Chip resistant. Burn resistant. Stain resistant. So easy to keep clean. And built to sparkle for a lifetime.

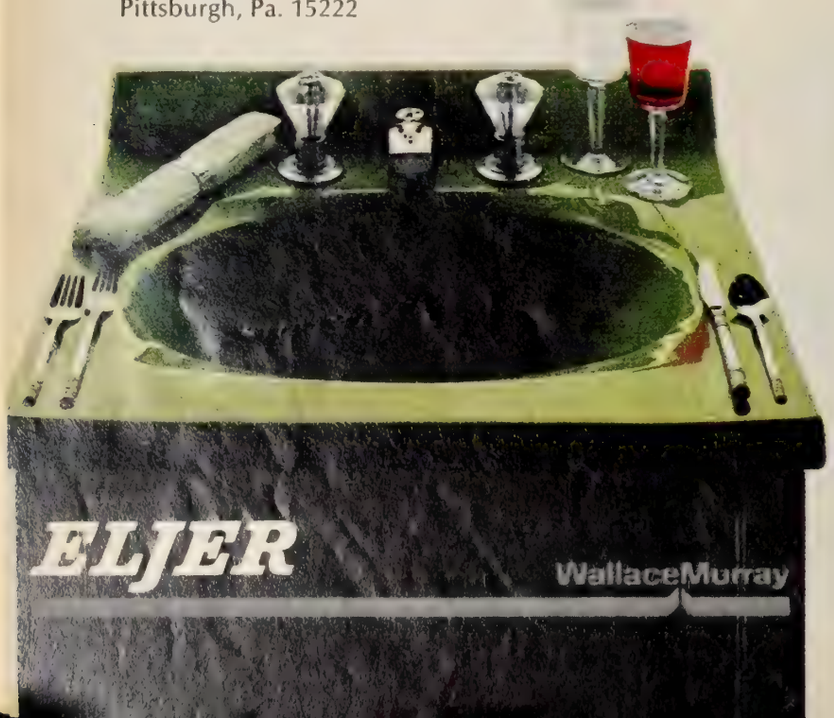
Any substitute material is only imitation.

Sleek, twenty-five inch top and bowl combination. Available in all Eljer colors.

Comes with attractive white or cherry cabinets. Or installs easily atop any twenty-four inch cabinet.

Insist on the real thing. Fine china by Eljer. Vanessa.

ELJER PLUMBINGWARE
Wallace-Murray Corporation,
Dept. BH, 3 Gateway Center,
Pittsburgh, Pa. 15222



GARDENING IN APRIL

If you're like most gardeners, any excuse will take you outside when the daffodils bloom; pleasure and work intermingle happily in April. But since this is a key planting month, it pays to channel your enthusiasm into action.

Plant trees now

Early spring planting gives young trees a head start on the growing season. Any tree 12 feet tall or under can be set in the ground by one person. You'd better get some help if you buy a larger specimen; two people can handle a bulky tree better. Here's how to plant your tree:

1. At the planting site, measure off a four-foot circle and cut the sod around the perimeter. Remove sod by peeling it back with a spade.

2. Dig the hole before you take the wrappings off a bare-root tree or remove the can from a container-grown plant. Roots dry quickly when they're exposed to air; keep them under wraps for as long as possible to prevent unnecessary damage.

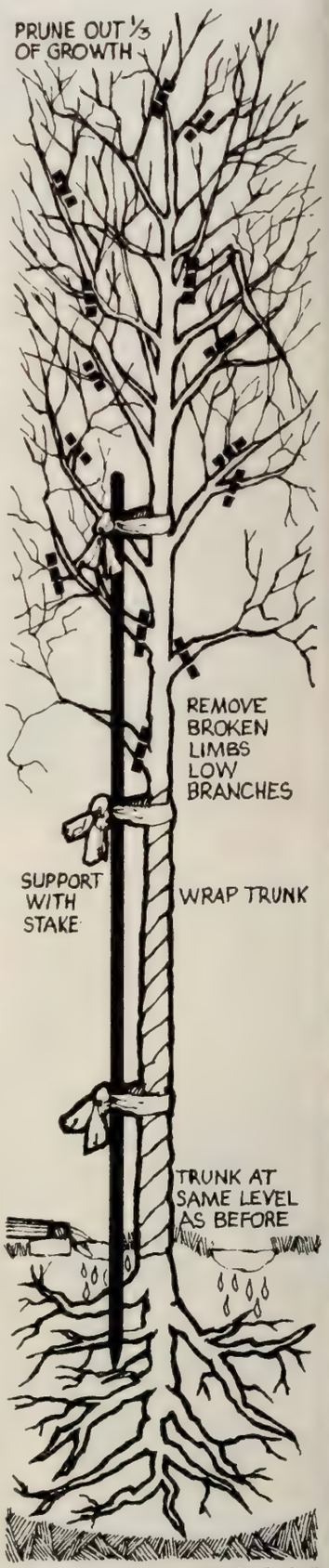
Dig the hole 2½ feet deep, putting soil you remove in a cart or on a tarp to save cleanup later. Unwrap the tree and check root lengths. The planting hole should be at least 12 inches larger than the natural root spread. If necessary, enlarge the width and depth of the hole you dug.

Set the tree at the same depth it grew in the nursery. Hold the trunk straight and fill all spaces under and around the roots with soil. When the hole is three-quarters full, water thoroughly. Fill the rest of the hole, packing the soil firmly as you work.

Soak the soil again, give the tree its final straightening, then tamp the soil surface. Leave a depression around the base of the trunk to catch and hold water in the future.

Cut off any damaged branches, also one-third of the tree's top growth. Brace with a stake and padded wires.

If rabbits are a problem in your neighborhood, wrap the tree trunk with burlap strips or with special tree wraps you can buy at your local garden center. As the tree grows, loosen the wrap to compensate for the growth or replace the wrap.



Drawing: Red Fox Studio

Put fruit in your plan

Dwarf fruit trees and many of the bush fruits are attractive enough to have landscape value.

The dwarf trees, which pro-

continued

New! The once-every-four-months plant food.



All flowers and plants blossom to full potential.



Spoon-feed right from the bottle. The tiny green time capsules give controlled release of primary nutrients.



No mixing. No mess. No odor.

If you really love your plants, if you've got five, ten, twenty or more, here's a marvelous new plant food!

It's called "Precise®" Brand Timed Release Plant Food. It really works!

Spoon feed plants right from the bottle. The little beads react immediately with moisture in the soil. Works something like a cold capsule, only over a longer period of time, up to four months. Controlled amounts of primary nutrients (12-6-6) are released slowly, evenly. Provide the precise amount of nutrition your plants and flowers crave.

No burning from over-feeding, either. Young plants respond with fast, early growth. Become lush and dense the way you love them! Flowers blossom to full, beautiful potential.

"Precise" Plant Food. Nothing else like it.

Ask for it at your garden store, drug store, hardware or supermarket. If they don't have it, write Plant Care Systems, 3M Center, St. Paul, Minn. 55101.

3M COMPANY

© PRECISE is a registered trademark of 3M Company

continued

Gardening in April

duce a show of flowers in the spring, offer you standard-size fruits you can reach easily at picking time. You can use dwarfs for a lot-line screen or interspace them in a flower border; they cast only light shade. Plant dwarf fruits as you would any other tree; they should be set eight feet apart.

With some tree fruits, you have to plant two trees (preferably two varieties) to assure cross-pollination. Apples, pears, plums, and sweet cherries are in this class. Tart cherries—such as North Star and Meteor, both dwarfs—are self-fertile. You can plant only one and get a big fruit crop. Most of the peaches (J. H. Hale is an exception) are self-fertile, and all apricots except Moongold and Sungold can be set out solo.

Blueberries are good-looking shrubs; they can pass muster as hedging plants or can cluster handsomely at the front of the lot by a drive. Mature blueberries are six to eight feet tall; plants start to bear after their second year. For good pollination, plant two or three varieties—you can select early, mid-season, and late types to stagger the crops.

Raspberries and blackberries are best relegated to special beds as the plants have few landscaping assets. Currants and elderberries, though, should be considered for any spot where you need a tall shrub. Both bloom beautifully in spring.

Strawberries and grapes are great fruits for the small lot. They bear in a year or two and have attractive foliage.

Set aside a sunny bed for strawberries, or plant them as an edging for annual flowers. The planting depth is important. Set the crowns of plants (spots where roots meet the tops) exactly at ground level. Plants set too deep will lack vigor and may even die. If strawberries are set too shallow, the roots will dry out. Fan the roots out and down in the hole; firm soil over. Space plants 16 to 20 inches apart. Strawberries will form runners quickly; encourage enough runners to form new plants every nine inches. Pin runners down or bury with soil.

Grapes are both decorative and productive. You can use them to provide shade on an overhead patio shelter, or grow them on a chain link fence or on a trellis behind your flowers. The grapes climb by strong tendrils and grow quickly. Space the individual plants eight feet apart. When setting them in the ground, follow the same planting method you would for any vine or perennial. Dig a hole deeper and wider than the root system. Spread out roots and fill under them with loosened soil; be sure the grape plant is at the level it grew in the nursery then pack soil around it. Water well. Cut away all the weakest stems, saving the ones that are the strongest and that have at least two buds.

Although grapes are self-fertile and you need plant only one to fruit, you get a much longer bearing season if you set out more than one variety. Combine some of the earlies like Fredonia (black), Himrod Seedless (yellow), and Delaware (red) with mid-season types such as Niagara (white), Concord (blue). Late varieties of grapes to consider planting are Catawba (red) and Vinered (red).

Grapes form fruit on two-year-old canes; you can expect only shade from old canes. If you're interested in shade for an arbor or in screening for privacy —with some fruit as a bonus—limit your pruning. Take out only the last year's fruiting canes plus any unwanted growth. Let some new canes develop every year to take care of the crop of fruit for the next season.

In April, also:

- Buy started plants of pansies and Johnny-jump-ups and set them out in a spot where they're protected from full, burning sun. If you keep them well watered and pick off all fading flowers, they'll give you continual color until the peak of heat in summer.
- Consider edging your flower beds to keep the grass from moving in this summer. Invest in high-quality metal edging and install it flush to facilitate lawn mowing.
- Divide chrysanthemums, fall asters, hostas, rudbeckias, and other perennials you have that bloom late in the season.
- Prune forsythia and other early shrubs after blooming.
- Clip flowers from spring bulbs before seed heads form. The effort of producing seed heads weakens bulbs. Also, do not cut off bulb foliage until it yellows. Don't mow your lawn areas where you've naturalized daffodils or crocus until the bulb foliage dies down naturally.

Is your budget on the critical list?



RELAX
YOU'VE GOT
MASTER CHARG
If your medical expenses are getting you down, let your Master Charge card pick you
More and more physicians, de tists, hospitals, and veterinaria are accepting Master Charge.
when we say Master Charge is good in more places across t country than any other card.. we really mean it.

master charge.
THE INTERBANK CARD.



Protects wood beautifully.

Olympic Stain is just about the most beautiful thing you can do for wood. It brings out the grain and subtle beauty of wood, yet penetrates for real protection. And because it allows the wood to breathe, Olympic Stain will never crack, peel or blister. (The solid colors are also excellent for re-do over old paint on rough wood siding, shingles or shakes.)

Free color samples: Write Olympic Stain, 1148 N.W. Leary Way, Seattle, Wa. 98107. Olympic Stain. A division of COMERCO, INC.

Sheaffer's Vintage. Not just a gift, a keepsake.



Superbly designed in the rich and decorative tradition of the Renaissance. Crafted in precious metals. Ballpoint, $12.50. With pencil, $25.00.

SHEAFFER®

SHEAFFER, WORLD-WIDE A textron COMPANY

HOW SERIOUS ARE NOSEBLEEDS?

Your small son comes running into the house, crying, with blood streaming from his nose. You quiet him and stop the bleeding. Since children are always tripping over, or bumping into, things and their noses are natural disaster areas, you don't worry about his nosebleed. And in most cases you'd be right. But sometimes nasal bleeding, in either a child or an adult, can be a symptom of a serious disorder, a warning sign you should heed.

How can you tell a normal nosebleed—if we can call it that—from an abnormal one that signals potential trouble?

The normal nosebleed occurs only occasionally and for a good reason—a blow to the nose, a child who picks his nose and scratches the interior of the nostril, a cold sufferer who sneezes heartily or blows his nose too vigorously, rupturing blood vessels close to the surface inside his nostrils. The bleeding lasts only a short time—probably no more than five or ten minutes. In most cases the bleeding point is in the front part of the nostril and the bleeding is easy to stop. The amount of blood lost may seem considerable but is actually not very great.

Signs of trouble, for which a physician should be consulted, are nosebleeds that start for recognizable reasons but are profuse and hard to stop, and frequent nosebleeds that start for no discernible reason.

What disorders might cause these nosebleeds? Ailments of the circulatory system, such as high blood pressure or arteriosclerosis (thickening and hardening of the arteries), may set off nosebleeds. Mental or physical stress can trigger a nosebleed in a person with high blood pressure. Indeed, this may be the first indication of previously unsuspected blood pressure problems.

Sometimes the trouble lies within the individual's blood itself. Anemia, for example, can cause nosebleeds.

The blood disorder, leukemia (a disease characterized by an abnormal increase in the white blood corpuscles), may cause nosebleeds. And here, too, the nosebleed may be the first sign of the disease.

Heavy bleeding could indicate that some defect in the blood, though it does not start the bleeding, is preventing proper clotting. For example, hemophiliacs, sometimes called "bleeders," are born with blood that lacks a coagulation factor. Modern medicines help keep this problem under control.

Drugs called anticoagulants, which reduce the clotting ability of the blood, are often given to patients following coronary artery disease. If these patients have a nosebleed, they will tend to bleed like hemophiliacs.

Nosebleeds may also accompany some contagious diseases, such as rheumatic fever, scarlet fever, measles, whooping cough, and smallpox. Sinus infections and infected or inflamed adenoids in children often lead to nosebleeds, too.

Within a few days to a week after an operation to remove tonsils or adenoids, nasal bleeding may occur. If it does, call the doctor. Don't try to cope with it yourself.

Some adolescent girls suffer nosebleeds at the time of their menstrual periods. Doctors call this vicarious menstruation. They think the increased permeability of the capillaries at this time in the menstrual cycle may be the cause. The proper prescription of estrogens generally takes care of this problem.

And women in the last few weeks of pregnancy are sometimes troubled with repeated nosebleeds caused by rupturing of fine blood vessels in the nostrils. This problem ceases after the baby is born.

Children sometimes push foreign objects up their noses. Pebbles, small fruit pits, seeds, parts of toys, anything small enough to fit has been tried by some child some time. If the object is pushed up beyond the point of recall your first hint of your child's experiment is a blood-stained nasal discharge. This is a problem for the doctor to handle.

Allergies often cause inflammation of the mucous membrane of the nose—hay fever is the classic example, but foods, fabrics, dust, almost anything can cause an allergic reaction. This inflammation itself can set off a nosebleed. Or, children who rub their irritated noses with a characteristic motion doctors call the "allergic salute" can start the bleeding.

The source of the nosebleed may be an abnormality in the structure of the nose—a small nasal tumor, for example. Or the mucous membranes of the nose may cause trouble. Some people have exceptionally thin membranes that tend to dry, crack, and bleed in the wintertime when the humidity is low. Applying petroleum jelly to the interior of the nostrils helps this condition.

Theories abound about how to stop a normal nosebleed. According to folklore, dropping a bunch of keys down the back of a sufferer's neck will stop the bleeding. A cold compress applied to the groin is another "sure cure." But doctors say the only thing sure about either of these treatments is that they will take the patient's mind off his bloody nose for a few minutes.

Cobwebs, putty, almost every conceivable material at one time or another has been suggested for stuffing up the nostrils to stop bleeding. Sniffing flowers with red petals was also recommended

continued on page 146

ACE HARDWARE

Shoppers Keep Coming Back for More at Their Ace Hardware Store

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USM
Electric Glue Gun

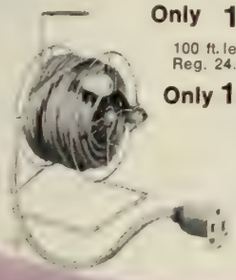
New contour grip trigger control feeds the glue stick mechanically. Easy application and precise control. 3 sticks hot melt glue and instruction booklet included. Reg. 11.93

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Eliminates tangled cord headaches. Stands by itself or mounts on any wall. Cords are 16 gauge with 3-wire ground. Safety orange, oil and water resistant. UL listed 50 ft. length Reg. 17.95

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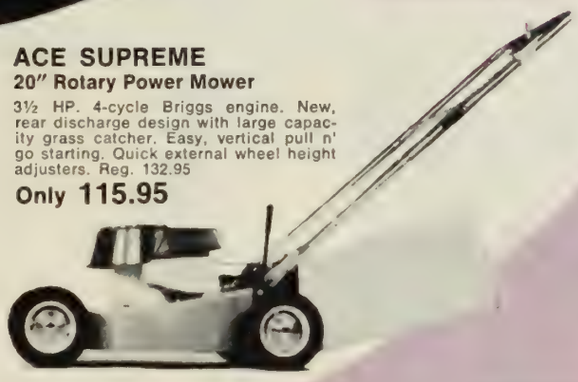
100 ft. length
Reg. 24.50

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ACE SUPREME
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3½ HP. 4-cycle Briggs engine. New, rear discharge design with large capacity grass catcher. Easy, vertical pull n' go starting. Quick external wheel height adjusters. Reg. 132.95

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BLUE LUSTRE
Carpet Shampoo Rental System

Deep cleans carpets and gives professional results for about 1¢ per square foot. Actual cost depends on shampooer you rent and number of square feet of carpet cleaned. Ace has everything you need to do it yourself and you save!

REGINA
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2 speed vacuum cleaner with patented rug pile dial. Hi-speed for heavy duty cleaning of rugs. Lo-speed for quick pickups on bare floors, throw-rugs or drapes. Full one year Regina warranty. Reg. 44.95

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Beautiful decorative hardware for every room in your home. Choice of Antique English or Antique Silver.

	Reg. Price	Sale Price
24″ Towel Bar	10.45	7.69
18″ Towel Bar	9.40	6.89
Towel Ring	5.99	4.39
Vanity Soap Dish	6.25	4.59
Garment Hook	3.10	2.29
Passage Lever Set	10.45	7.69
Door Knocker	5.20	3.83
Single Switch Plate	1.69	1.25
Entry Lever Set	27.25	19.99





ROCKWELL
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Makes short work of the thickest hedges and shrubs. Yet it's balanced for ease of handling. Double insulation makes it safe. Break-resistant housing. Double edged, double action blades. Model 31

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Wood-Molded Toilet Seat

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Due to physical size and merchandising policies, some stores may not have in stock all items illustrated in this advertisement.

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FREE 1000 Ten-Speed Huffy Bikes

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She handles them all...husband, family,
great job, too. She's always on the go.
So she wants to stay healthy. She knows most women
need extra iron to replace monthly losses.
And it's difficult for her to be sure she gets enough iron
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make sure, she trusts One-A-Day® Brand Multiple
Vitamins Plus Iron. Ten vitamins.
Plus all the extra iron most women need.

She's a One-A-Day Girl.





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Shouldn't you be a One-A-Day Girl, too?

Buying Guide

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 147 for this shopping information.

WHAT IF YOU'RE NAMED EXECUTOR OF AN ESTATE?

First of all, you should understand that just because a will names you executor (or executrix), you are not obligated to accept the appointment. You may decline. However, you should get the advice of a lawyer before you make your decision. Although you ordinarily can have any lawyer you choose, or none at all, it's probably wise to select the lawyer who prepared the will.

In consulting a lawyer about your initial decision, discuss (a) the duties and responsibilities you undertake as executor; (b) who becomes executor if you should decline.

What responsibilities will you have?

The following chart offers a checklist of your responsibilities in administering an estate. Use the chart when you talk with your lawyer. Ask him, also, to indicate the probable time when various matters might arise and when they should be completed. Although there is a kind of mutual responsibility on all items, the chart tries to indicate whether the executor or the lawyer has the primary responsibility. Of course, state law and the customary practices in certain locales will vary these items.

Responsibilities concerning probate	EXECUTOR	LAWYER
Decide whether to become executor or decline	•	
Prepare petition for probate		•
Obtain court order appointing executor		•
Publish notice to creditors		•
Assemble assets of estate: includes making an inventory of assets	•	
Obtain entry to safe deposit box	•	•
Explore insurance and protection of assets	•	
Give notice to debtors of estate	•	
Determine if executor should waive right to compensation: Obtain advice		•
Act on advice	•	
Determine whether any assets should be sold	•	
Prepare petitions, and other procedures for sale of assets		•
Receive claims of creditors and determine whether to accept or reject each claim	•	
Prepare notices to creditors of rejected claims		•
Manage "operating assets"—such as a continuing business, or operation of rental property	•	
Determine family allowance, prepare petition, and attend to other proceedings—if applicable	•	•
Obtain appraisal of assets, if applicable	•	
Prepare any state inheritance or death tax returns (perhaps with assistance of accountant for estate)		•
Sign such returns	•	
Prepare income tax returns of estate (perhaps with help from accountant)	•	
Prepare Federal Estate Tax Return, if applicable—usually for estates exceeding $60,000. Due 9 months from date of death (with accountant's help if needed)		•
Sign and file Federal Estate Tax Return	•	
Pay creditors of estate and other bills	•	

continued

If Colgate is just a kid's cavity fighter, how come Billie Jean King won't brush with anything else?

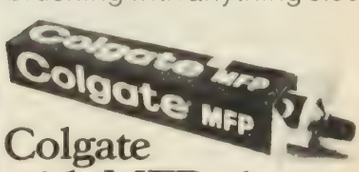


Where she rules, Billie Jean King is a tightly controlled figure of skill, energy and concentration. But off the tennis court, with her husband and friends, her natural warmth and spirit flow effortlessly. Billie Jean likes people. That's why she brushes with Colgate.

Colgate is made for people who like people. Clinical test results show it freshens breath as long as a leading mouthwash. And the taste is brisk and clean.

Only your dentist can give teeth a better fluoride treatment than Colgate with MFP. But a great cavity fighter can be a powerful breath freshener, too.

Ask Billie Jean King. She wouldn't think of brushing with anything else



Colgate with MFP...the breath-freshening cavity fighter.

© 1973, Colgate-Palmolive Company

Unsightly spot on your favorite sofa?

Don't rub it in. Lift it out.



The first name in a long line of pet products.

Today, after over a century of caring for pets, Sergeant's® offers a line of over 200 carefully tested products.

For good nutrition that tastes good, there's Sergeant's dog and cat Vitapet® Tablets.

For protection from roundworms, Sergeant's Worm-Away® mixes conveniently with dog or cat food.

For a proud coat, try Sergeant's Skip-Flea® Shampoo—it kills fleas as it cleans. Or, Skip-Flea Foam—a "lovingly quiet" aerosol that can't frighten your pet.

From Sergeant's Sentry® Flea Collars to Sergeant's Rawhide Dog Chew, we have everything to help keep your pet fit as a fiddle and fun-filled.

Look for all our time-proven pet care items at the Sergeant's Pet Center wherever pet products are sold.



Sergeant's®
the pet care people

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continued

WHAT IF YOU'RE NAMED EXECUTOR OF AN ESTATE?

	EXECUTOR	LAWYER
Prepare petitions for instructions, authorizations, confirmations, or other similar court documents, if indicated		●
Attend hearings or other proceedings		●
Prepare petitions for approval of accountings of assets and debts of estate		●
Obtain decree of distribution; partial, if any, and final		●
Distribute assets to beneficiaries	●	
Prepare form of receipts to be signed by beneficiaries		●
Prepare petition for final discharge of executor, and obtain such order		●
The following may not be included in the probate proceedings, but will come up as the estate is settled		
Collect life insurance proceeds (beneficiaries may do this too)		●
Distribute, or settle, or take proceedings to clarify, assets held by decedent and another in joint tenancy with right of survivorship	●	
Determine procedures, if any, necessary to handle any assets held in trust during decedent's lifetime	●	
File for social security benefits, if due	●	
Determine decedent's rights, if any, in pension plan or other company death benefits	●	

What about fees?

The fee arrangement with the *lawyer* can be discussed in advance. In some states the basic fee is set by statute and usually is a percentage of the value of the estate. In other states, the fee is a reasonable fee to be approved by the executor and the court. Ordinarily a lawyer can make an approximate estimate of fees for the regular work to be undertaken. Most estates are administered without litigation, but if lawsuits do arise, additional legal fees may be expected. Ask your lawyer to indicate any other areas where additional fees or costs may be incurred.

You will be entitled to compensation for being the *executor*. Whatever you receive for serving in this capacity is taxable income, although sums received by bequest through a will are not taxable. If you are the principal beneficiary, therefore, you may prefer to decline the compensation, since you will get money from the estate anyway. Better get advice about this, as well as find out about the method for declining and the time when you must act.

What if there are financial problems with the estate?

With some estates, it is necessary to sell assets in order to raise cash to pay bills, pay taxes, a pay designated beneficiaries. There may not be enough assets to cover all obligations, so that decisions must be made, in accordance with law, regarding priority of payments.

The responsibilities of executorship are often performed by professional executors—banks and trust companies, for example—who have considerable experience in such matters. Especially if you want your spouse to become executor, it's wise to discuss estate planning now, when your wills are being drawn. Be sure to consider naming a bank or lawyer as co-executor, to help with technical details and advice.

When is the job done?

An estate is closed after debts and claims are paid or satisfied; assets distributed; receipts received from beneficiaries; required accountings made and approved; U.S. estate tax, if any, paid and tax return audited by the Internal Revenue Service (this often is the item which requires the greatest time span); and final court order is made discharging you from your duties. ■

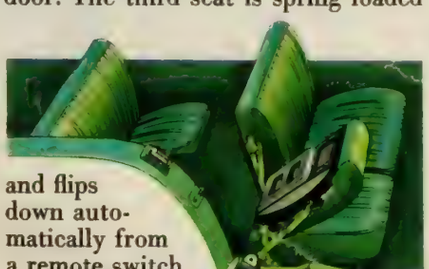
Prepared for the magazine by Louis M. Brown, noted writer and lecturer, and professor of law at U.S.C.



We've put new practicality into our Caprice Estate wagon.

New Flip-Down seats fold flat in nothing flat.

On full-size 3-seat Chevrolet wagons, you can now fold second and third seats quickly and easily from one position by the right rear passenger door. The third seat is spring loaded



and flips down automatically from a remote switch on the wheelhouse.

There's even an available tailgate that opens and closes untouched by human hands.

At the touch of the key in the side-mounted lock, the window slides up into the roof and the tailgate disappears into the floor. Just the thing for times when your arms are loaded with packages. And it provides easy access to the stowage area behind the rear seat.



There's a lot of great wagon engineering here.

New sound insulation that extends all the way back over the cargo area. The 125-in. wheelbase and wagon-engineered coil/leaf spring suspension that handles the wagon's loads and still gives you a luxurious feel. Plus a 400-4 V8, Turbo Hydra-matic transmission, power steering, power front disc/rear drum brakes and an electric clock. All standard.

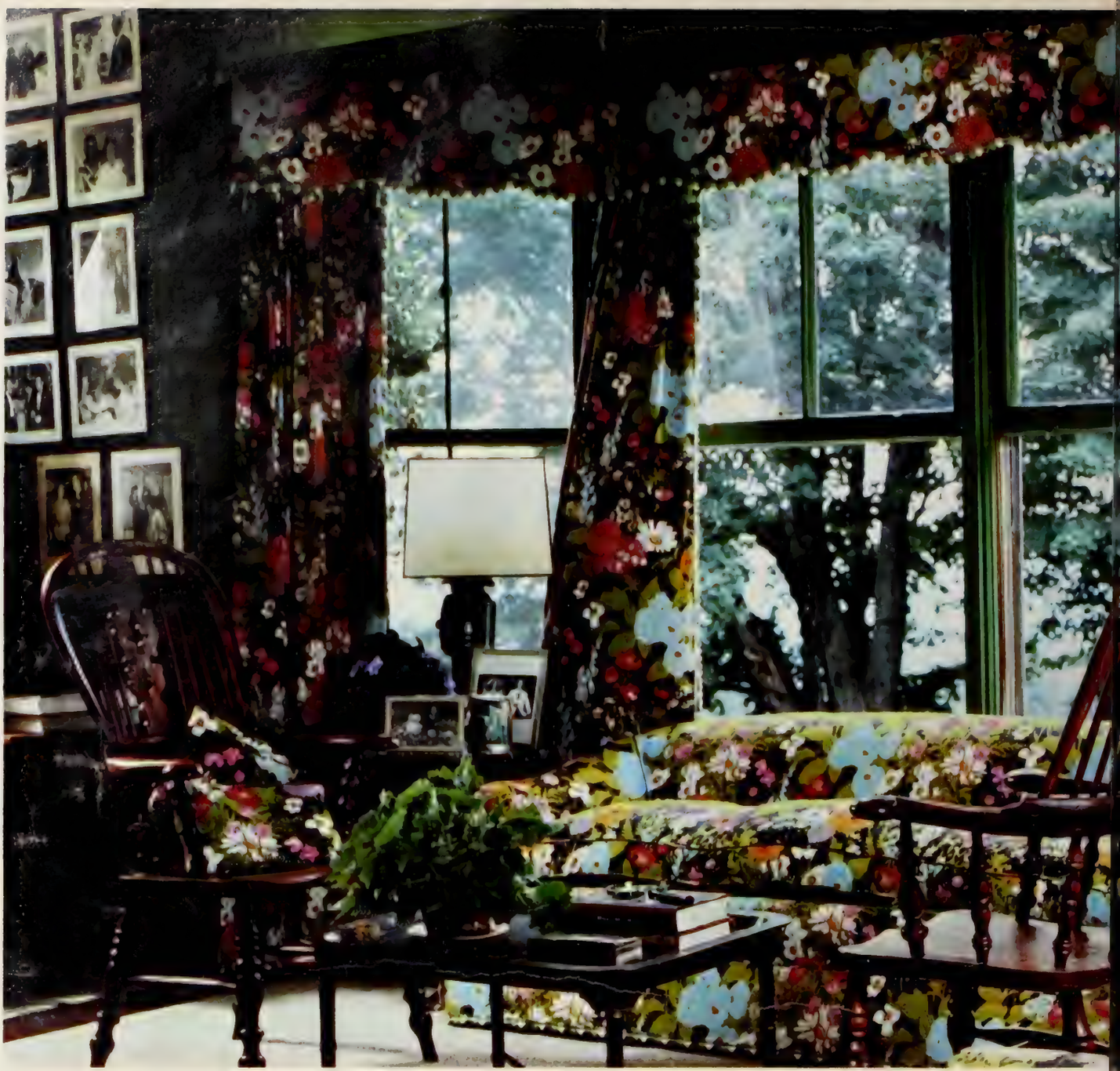


Inside and out, the styling is unquestionably Caprice.

With the distinctive new grille and outside trim. With full-foam seats, handsome instrument panel and the new cut-pile nylon carpeting. Wherever you turn, there's that Caprice feeling.

New styling, new practicality. Caprice Estate for '74. A lot of wagon.

CHEVROLET MAKES SENSE FOR AMERICA. Chevrolet



Photograph: Bill Helms. Design: Muriel Wiessner with Samuel Hughes. Source: Nephie Riley

DECORATING: BIG EFFECTS FROM SMALL CHANGES

Are you putting up with the same old surroundings because you can't see your way clear to a sweeping change? Then think small. Quite often it's the smallest changes that make the biggest difference in the look of a room. Just a dab of something different might be all that's needed. And if you can't figure out just what that "something" should be, here are six pages of suggestions. You're sure to find several that strike home.

By Richard W. Jones and Pamela Wilson Cullison



A profusion of pattern in close proximity can turn a so-so room into something spectacular. This country-style living room was just a bit boring before the sofa was slipcovered to match the floral fabric draperies and easy chair. Besides pulling the room together in a pleasing way, fabric decorating like this is a good way to beat the cost of replacing furniture.

Photograph: Harry Hartman. Source: Estelle Bond Guralnick



Architectural oddities are common in older houses, so why not take advantage of them? This once-dreary dining area was perked up considerably without any major renovations. It took nothing more than a stepladder, three cans of paint, and a brush to turn the structural intruder into an attention-getting work of art. For the sake of unity, the door was painted to match the graphic look above.

Buying information, see page 147.

Photograph: George de Gennaro. Source: Karen M. Burr



"If you've got it, flaunt it" isn't bad advice if you have a collection that you're proud of. And that might be most anything—postcards, pottery, figurines, or finds like these from the American Southwest. A dramatic display is one of the easiest, most effective ways to personalize a room, to make it say it's yours and nobody else's.



Photographs: William N. Hopkins. Design source: Sears, Roebuck and Company

Sometimes all it takes is an unusual furniture arrangement to release a room from its rut. For instance, instead of the typical placement of bed and dresser against the wall, why not put the head of the bed in the middle of the room, and "wrap" it with dressers? This way you'll create a unique headboard effect, and a sleeping island as well. A different version of the same effect would be surrounding the bed with low shelf units.



Start with sheets if you want to give a feeling of freshness to a little girl's room. It takes one double-size flat sheet to make the flounce, and two double-size flats to create the "headboard." Using a fitted sheet as a spread simplifies bed-making. During the day, blankets can be stashed on a closet shelf.





A bold decorating stroke can do wonders for a boring bathroom. The one above—besides being dull—had walls in need of repair. To solve both problems at minimum expense, we shirred and stretched fabric from rods placed top and bottom. Upkeep is no problem because we chose machine-washable, no-iron fabric. Even in a small bathroom like the one above right, there's always room for improvement. Placing practical black vinyl tile on the floor and punctuating the architectural features with black paint gave the humdrum bathroom a sleek, new look. Two space-saving ideas worth noting: a tier of wall-hung cubes, and an old mirror with hooks to corral hand towels.

Buying information, see page 147.



Photograph: Bill Hedrich Source: Jessie Walker Designer: David M. Tee, A.I.D.

If you suspect that your traditional surroundings verge on the stuffy, try moving things around. It won't cost you a cent to effect a well-worth-it change of scenery. This living room got a new lease on life when the sofas exchanged places. Another switch was made by breaking up a predictable pair of matching arm chairs and moving one to the other side of the room. Paintings and prints were repositioned around the room, and pillows were added for bold accents.





Photograph: Harry Hartman. Design: Irvin J. Borenstein, Inc., A.I.D. Source: Gaby Leubecker

With a little imagination, you really can make something from nothing. This fireplace was once just a yawning hole in the wall. But look what happened when we added a bit of simple post and mantel construction. Painted black, the framing effect turns the fireplace into a focal point and creates a showcase for a collection of antique china.



Photograph: Harry Hartman. Design: Verner Martin. Source: Susan Jones Medlock

There's a world of difference between a room that's well-worn, and one that's worn-out. To avoid the look of the latter, it's best to give even the homiest of rooms a spruce-up once in a while. All we did to refresh this family gathering spot was change the color of the ceiling beams, molding, and trim from white to apothecary blue. The new color emphasizes the structural details, and rejuvenates the Williamsburg atmosphere. An equally striking effect could be created by reversing the scheme i.e., by painting the walls blue, and the trim white.

Buying information, see page 147.



Photograph: Harry Hartman. Architect-designer: Benjamin Thompson, A.I.A. Source: Estelle Bond Guralick

Rather than settling for conventional curtains, how about using a contemporary fabric panel like this one? It's the first thing you see upon entering the room, and it does a spectacular job of blocking a view while still admitting light. The fabric hangs freely from a rod placed several feet from the wall. To keep the fabric taut, the panel is weighted at the bottom with an insert rod identical to the one at top.

tables: big effects from small changes

By Elizabeth D. Craster

Everybody gets bored from time to time with their jobs, their surroundings . . . and their table settings. But smashing the crystal goblets in the fireplace in one exuberant devil-may-care gesture isn't a sensible answer—unless, of course, your Aunt Minnie left you a neat little nest egg earmarked for table settings. Rather than tossing out your tableware, why not transform it with some scene-changing accessories and additions?

For inspiration check our collection of ingenious add-ons. Some you can buy in the stores, others you can craft yourself. Some of our table touches are geared to slender budgets—others are more costly. Pick out the solution that will give your possessions new verve and versatility.





Photographs: Hopkins

Top right: Not enough tableware for an upcoming party? Try coordinating your good china, like the Seville pattern here, with streamlined Poppy Red plastic dinnerware. If there are gaps in your glassware, lay in a sizable assortment of silver glasses. No, they don't cost a mint—they're the reusable-disposable type made of plastic. So you can purchase Old Fashioned or highball glasses, wine goblets, or beer steins for a small outlay. Wine caddy turns into a perfect hostess helper for dispensing napkins and an array of silver in Old English Tipt pattern.

Lower right: Elegant white dinnerware in Fidelia pattern takes on an informal, even casual look when it's teamed with "tor-

How-to begins on page 114.



toiseshell" accessories. The tortoise-look flatware has handsome chunky handles made of plastic with stainless steel tines. Exquisitely proportioned simulated "tortoiseshell" goblets of heavy glass will complement myriad settings. Those expensive-looking decorator accents—"tortoiseshell" egg centerpiece and smoky acrylic place mats—are do-it-yourself projects.

Top right: If you want to get more mileage from your Americana glassware—be it milk glass, pressed glass, or slag—devise a made-to-order setting like this one. Farmhouse atmosphere is achieved frugally with County Fair plastic dinnerware and Plymouth Rock pattern stainless steel flatware. Make the braided place mats with strips of tiny-patterned yard goods. For a quaint centerpiece wind yarn around plastic balls arranged in a rustic basket.

Lower right: A smashing centerpiece and novel napkin rings can transform your everyday tableware into an exciting setting. We played up an ecology theme with a candle-holder centerpiece and napkin rings, and cradled the Butterfly Gold pattern glass ceramic plates in inexpensive basket holders customarily used for paper plates. The rustic candlesticks can be made for a pittance from cans wrapped with glued-in-place twine. Napkin rings are twine-wrapped paper cores. The lustrous goblets are wood, to underscore the back-to-nature theme. You can make the individual breadboards from scrap lumber, or buy them at an import store.



Buying information, page 147.

UNDEMANDING TREES AND SHRUBS

By Hamilton Mason

Take-it-easy gardening. That's the way to go if you want to cut a corner on care—and who doesn't? Even the most avid gardeners pick a framework of low-care plants first, then add specialties that need pampering. Why not build your framework around undemanding trees and shrubs—species that require a minimum of fussing? No plants are totally carefree—but the ones we show come close. Water them in dry periods, prune to shape, and treat them to a once-a-year feeding—they'll repay you by staying healthy and dispensing a full measure of shade and beauty.

As a start, check the lovely crape-myrtle, right. In full bloom, it looks like a huge bouquet—and the show isn't fleeting. The warm-weather favorite holds its crinkled flowers for close to a month in July and August when few other trees bloom. Crape-myrtles tolerate dry *or* wet summers and like full sun. Plant where you can enjoy their individual beauty—set one in a tree well on the patio, or line up several along your parking area.

The trees tend to sprawl if they're not shaped, but they're worth the pruning needed to produce a perfect specimen. If you prefer, you can let many trunks develop. In this case, a crape-myrtle at maturity will look like a large-scale shrub.







Come May, crab apples dominate the spring landscape, producing masses of pink, red, or white blooms. In other seasons too, they prove their value as handsome specimens or accent trees for borders or rock gardens. Columnar varieties such as Pink Spires or White Candle take little space; you can plant them along property lines. Others, like this spectacular Carmine crab apple, grow low and wide. There's also a weeping form. These forms are natural, need little pruning.

From the time delicate pink flowers appear in April until the leaves drop in the fall, you can count on color from a purple-leaved plum. Although the tree will grow well in shade, the foliage takes on its best reddish purple hues in the sun. This accommodating plum isn't particular about soil and can tolerate both too-dry and too-wet seasons. It does take some pruning when it's young—you have to shape it to a single trunk or it will grow in shrub form. Prune the plum after flowering.





With understated loveliness, dogwoods announce the arrival of spring across a wide area that includes most of the East Coast. Fragile-looking blooms layer on horizontal branches, make a graceful composition in May. Actually, the color comes from white or pink bracts—the real flowers are small and green. In the fall, the trees give you bonus in the form of scarlet leaves and berries. Dogwoods thrive in light shade, but will accept a sunny location. Water well in dry years.





Feathery foliage and dramatic pincushion flowers qualify the silk-tree as a great ornamental. But look beyond the beauty and you'll discover other assets to admire: compared to other shade trees, its growth rate is fast; it tolerates the heat of the South, and the variety *rosea* survives -5 degree temperature. Wilt used to be a serious problem in the southern part of the country, but varieties Charlotte and Tryon resist this disease. Silk trees are easily trained into interesting umbrella shapes.





Planting Fields Arboretum

DEPENDABLE TREES	Name	Zone	Flowers	Growth Rate	Mature Height	Comments
Growth Rate: F—Fast M—Moderate S—Slow	*Acer ginnala* Amur maple	2	yellow-white in May	F	15-20′	Fragrant flowers. Scarlet fall foliage. If not trained to single trunk, can be used as windbreak.
	Amelanchier laevis shadblow	4	white in April-May	MF	20-35′	Does well near water. Flowers before tree leafs out. Yellow/orange fall foliage.
	Cercis canadensis redbud	4	red-purple in May	M	30′	A woodland tree. Grows in filtered light of taller trees. Wide geographic range.
	Cladrastis lutea yellow-wood	3	white in June	S	45′	Fragrant flowers in clusters resemble those of wisteria. Excellent for patio shade or a specimen.
	Crataegus phaenopyrum Washington thorn	4	white in June	M	20-30′	Scarlet berries and foliage in fall. Several other fine members of this family. Likes rich soil.
	Elaeagnus angustifolia Russian olive	3	yellow in June	F	20′	Silver-green foliage. Fragrant flowers. Adaptable to many situations. Often used as a large shrub.
	Koelreuteria paniculata goldenrain-tree	5	yellow in July	F	25′	Good city tree. Seedpods almost as showy as the flowers. *K. formosana* is for zones 9, 10.
	Magnolia stellata star magnolia	5	white in April	M	20′	Often grown as multi-stemmed large shrub. In coldest areas, plant in protected location.

When you plant a fringe-tree, be prepared to identify it often when it's in bloom. The unique, shaggy flowers can stop traffic. The big size of a full-grown specimen is one reason the effect is so startling: at maturity, a fringe-tree can reach 25 feet. Treat it as a large shrub, or prune it into tree form when the plant is young. The leaves appear late in the season, so don't give up hope. Sometimes they unfold simultaneously with the flowers in early June.





Plant flowering quince if you want brilliant color early in the season; late April is the time the bold flowers make their splash. Shiny foliage unmarred by insect or disease damage adds beauty throughout the season. *Chaenomeles speciosa,* right, grows to six feet; use it as a specimen or plant as a hedge. *C. japonica* is prized as a dependable low grower; it holds to a neat three feet. Quinces stay in bounds so little pruning is necessary.

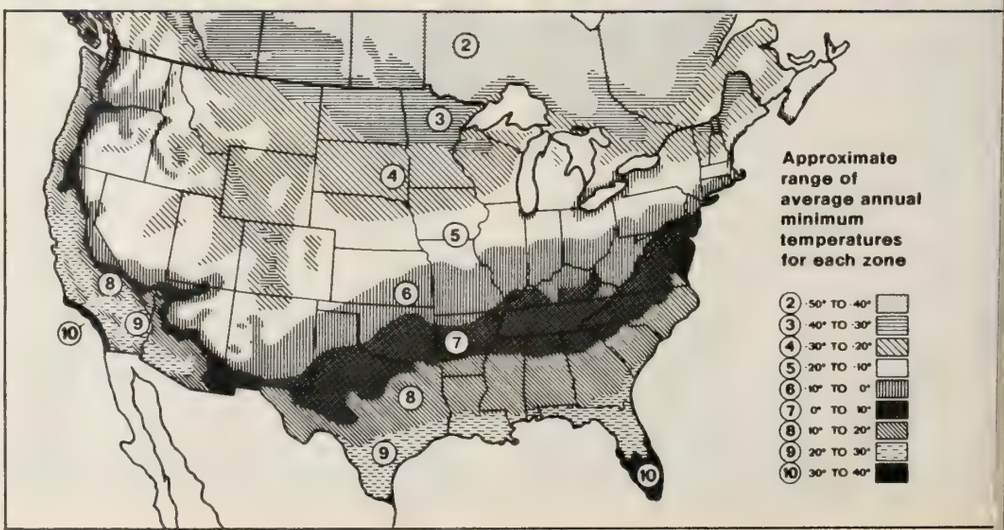




An extremely vigorous grower, *multiflora* rose will attain its full height of 12 feet in two or three years. Set aside space for it on all sides too—it's not unusual for a plant to measure ten feet in diameter. Seldom bothered by the troubles that can hit other roses, the *multiflora* needs no care other than pruning to keep the size in line. In mid-June, expect hundreds of dainty white flowers—followed by quantities of hips that stay on all winter.







The zone numbers in our lists refer to this map and indicate the climate areas that are best suited for individual plants. Generally, a plant can be grown in a more southern zone than indicated on the chart, but not in a colder one.





Where the climate is warm, raphiolepis is one of the most rewarding shrubs you can grow. It stays green all year, performs well in sun or shade, doesn't give in to droughts, and is loaded with fragrant flowers in late May. Normally growing from four to six feet tall, it can be pruned lower. Under ideal conditions and without pruning, a plant can reach ten to 12 feet. Raphiolepis is tolerant of salt air so it's good for gardens along the coast.





Call it potentilla, buttercup shrub, or bush cinquefoil—by any name it's the most carefree little shrub you can buy. A potentilla will bloom consecutively for ten weeks or more in summer with no attention from you. It has no disease or insect problems, and never needs pruning. Try these yellow-flowering prizes as a low hedge along a driveway or in a row in front of taller shrubs. The variety Gold Drop grows just 2½ feet high.





A northern spring wouldn't be complete without the fragrance of lilacs in the air. Today's hybrids may produce flowers in colors and sizes unknown 25 years ago, but fortunately the famed fragrance has remained unchanged. Lilacs leaf out early and drop their leaves late, which makes them ideal for use as a screen or tall hedge. Or, plant them as background shrubs. Lilacs are long-lived; they do best in the North where the winters are cold.

LOW-CARE SHRUBS	Name	Zone	Flowers	Light	Mature height	Comments
	Aucuba japonica 'variegata' gold-dust tree	7		Shade	8-10′	Variegated yellow and green foliage. Grows slowly enough to be an excellent container plant.
	Buddleia davidi butterfly-bush	5	white, purple in summer	Sun	5-10′	Deciduous. Grows large, good space filler. Tops die during winter in cold areas.
	Cornus stolonifera red-osier dogwood	2	white in spring	Sun	6′	Spreads by underground runners. Allow plenty of room. Valued in winter for red twigs and branches.
	Forsythia forsythia, golden-bells	5	yellow in spring	Sun	6-8′	If pruning is necessary, do so after flowering. Buds sometimes frozen in coldest areas.
	Hypericum St. John's-wort	5 or 6	yellow in summer	Sun or part shade	1-4′	Species and varieties vary in height and hardiness. All are strong growers; many uses.
	Kolkwitzia amabilis beauty-bush	5	pink in spring	Sun	10-12′	Flowers profusely. Grows in most any soil. May spread to eight feet across.
	Philadelphus mock-orange	4	white in spring	Sun or part shade	3-10′	Very fragrant flowers, single or double. For specimen or informal hedge. Various heights available.
	Pyracantha coccinea firethorn	6	white in spring	Sun	6-8′	Showy berries in varying tones of red or orange follow the bold flowers. Good for hedge or espalier.



Photographs: William Hopkins

The complete vegetable garden --in your own backyard

By Beverly Garrett

If your budget is eroded by rising food prices, the best place to reclaim lost ground is your backyard. A small, productive vegetable garden may not be a cost cure-all, but it will help cut your outlay for fresh produce.

Important as it is, saving money isn't the only reason vegetable plots are sprouting all across the country. Homegrown foods, ripened in the sunshine, really do taste better. Besides, as any boy who's raised beans can tell you, it's more fun to eat vegetables when you've watched them grow. And there's no denying that you use more vegetables when you have a big crop in your own backyard. That gives your family a nutritional boost and helps you cut down on buying other foods.

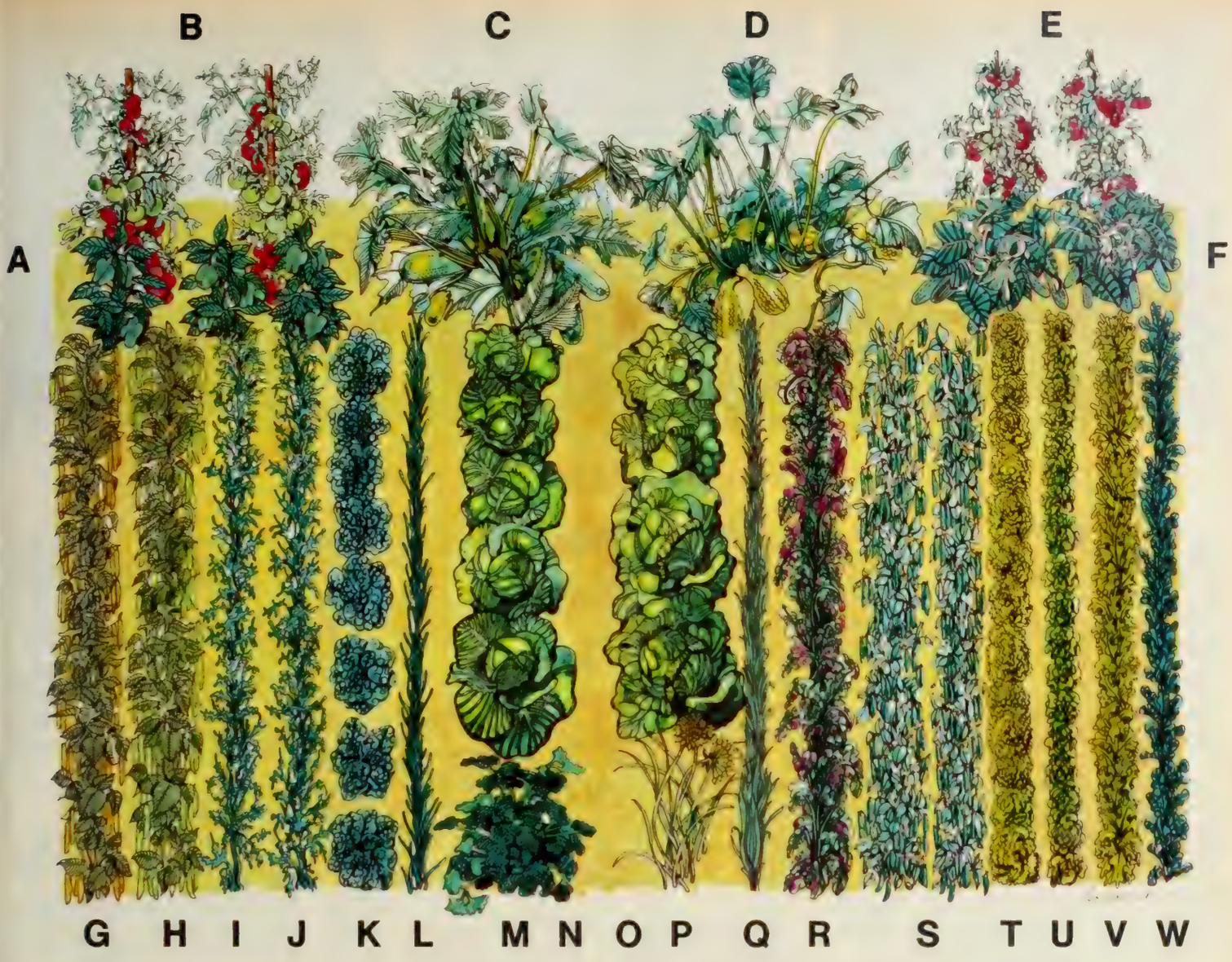
Convinced? Then make this your summer to join the backyard food growers. No space? The only real limiting factor is lack of sunshine. Vegetables like at least six hours of sun a day. If you have sun, take another look at the space problem.

Do you have a section of chain-link fence standing idle? Try vertical farming with peas, cucumbers, or pole beans. How would red-veined beet leaves or rich-green spinach look as a border edging? Lettuce will grow well in a wide, shallow clay pot; zucchini squash and Pixie and cherry tomatoes thrive in tubs and pots on patios.

To produce even more, go to a standard vegetable garden. It needn't be large—a 15x20-foot rectangle will give you big harvests over a six-month period. Working with this space, we designed a family vegetable plot (see the plan opposite) keeping track of costs and yields.

Let's start with the costs. Assuming you have to begin with tilling your garden, the cash outlay lines up this way: rental of rotary tiller, $10; fertilizer, $1.39; straw for mulch, $1.50; stakes, $2.29; tomato, cabbage, pepper plants, and onion starts, $4.40; seeds, $10.23. The total: $29.81. If you spade the space instead of tilling it, you can get started for under $20. (One possible expense not figured is insecticide—you might have to buy some during the summer.)

Of course, supply costs will vary some from region to region, just as the value of the food produced will vary.



A big-producing mini-garden

Actual size: 20'x15'
Scale: ⅜" = 1'

Key to the plan.
Figures given in parentheses are the number of days from planting to maturity on crops planted from seeds.

A California Wonder peppers 3 plants *
B VF Hybrid tomatoes 4 plants *
C Aristocrat Hybrid zucchini squash (48 days) 1 hill
D Early Golden crookneck squash (53 days) 1 hill
E Small Fry tomatoes 2 plants *
F Patio Pik cucumbers (60 days) 2 hills
G Goldcrop yellow wax beans (58 days) 2 crops
H Improved Tendergreen green beans (56 days) 2 crops
I Danvers Half Long carrots (75 days)
J Imperator carrots (75 days)
K Hybrid No. 7 Spinach (42 days)
L Yellow Sweet Spanish onions, 50 young plants *
M Parsley (85 days)
N Stonehead Hybrid cabbages 5 plants *
O Chives (80 days)
P Premium Flat Dutch cabbages 4 plants *
Q White Bermuda onions, 50 young plants *
R Detroit Dark Red beets (60 days) 2 crops
S Little Marvel peas (63 days)
T Salad Bowl lettuce (45 days)
U Bibb lettuce (75 days)
V Oak Leaf lettuce (40 days)
W Cherry Belle radishes (22 days) 2 crops
* Buy started plants

Taking an average of vegetable prices in six cities, the 15x20-foot garden yielded $271.91 worth of fresh food.

The goals of this plan were simple.

1. Get full use from the plot.
To do this, we used:

Interplantings. A fast-growing vegetable is planted with a slow-growing vegetable. For example, lettuce is sowed between the young cabbages.

Succession plantings. Cool-weather vegetable (peas) is followed by a warm-weather crop (beans). The idea is to get two crops.

2. Keep work to a minimum.
Hoeing and weeding are eliminated. Vegetables do take some summer care: this plan just holds work to the lowest possible level. Here's how:

Rows planted close together. Nature hates a vacuum; weeds move into open spaces. Close planting also ups the total yield.

A summer mulch. A four-inch layer of straw is recommended around plants after they are three to four inches high.

3. A high space/yield ratio.
Some vegetables yield more for the space they take than others. Snap beans are high yielders, sweet corn is considered low.

If you don't find your favorite included, make a substitution, keeping in mind the mature height of the vegetable you're adding. In the plan, the tall vegetables—tomatoes and squash—are put on the north.

Ready to start? See the step-by-step directions on the following page.

Interplanting possibilities (for plan above)
Use leftover onion plants in space to be used later for tomatoes, squash, cucumbers. Or, plant dill between tomatoes. Plant leaf lettuce among cabbages. The rest of your radish seeds can be interplanted with carrots. Sow remainder of your beet seeds in space saved for beans; use for beet greens.

Second plantings (for plan above)
Double-crop, when possible, to use seeds already purchased. Warm-weather beans are great replacements for cool-weather crops such as peas, Bibb and Salad Bowl lettuces, radishes, No. 7 spinach. Try Romano 14 beans (52 days), heat-tolerant Fordhook spinach (49 days), All-Seasons White radish (45 days), or Early Wonder beets (55 days).



Bibb and Oak Leaf lettuce



Aristocrat Hybrid zucchini squash



Small Fry tomato

The complete vegetable garden

STEP I GET READY

While few soils are perfect, not many are hopeless so don't worry if you lack the "light, sandy loam" usually recommended for vegetables. If other plants currently grow in your backyard, chances are good vegetables can too.

If you know you have a problem—heavy clay or light sand—don't skip the step (below) that calls for organic matter when you till. Also, after this year's mulch decomposes, work it into the soil. Gradually improve the soil's structure. Meanwhile, work with what you have.

Preparing the soil

You can spade the garden or rent a rotary tiller. The tiller will do a better job of breaking up clods, and will pulverize sod. Hunks of grass must be removed if you spade.

If you rent a tiller, tell the rental company what the job is. They'll help you decide the horsepower needed.

The soil should be tilled or spaded eight to nine inches deep. Don't work when the soil is soggy; just wait until a day or two after a rain.

1. Mark off the garden boundary with stakes, twine.

2. Spade or till, breaking up sod and soil clods.

3. Rake away stones, sticks, debris, break rest of clods.

4. Add a two-inch layer of organic matter if it's available. Compost or partly rotted leaves are good. Or, buy dry, bagged manure —a good investment if your soil is poor. Spade or till the garden again.

5. Spread 5-10-10 plant food evenly over plot. Using a rake, work food into top two inches of soil. *This is a key step.* To plant vegetables close together, and to get more than one crop from each row, the soil must be fertile.

6. Rake again, working crosswise.

STEP II GET SET

Temperature governs what you plant when. Some vegetables like cool-weather starts; others, warm-weather. Find out the average dates of the last frost in spring, the first frost of fall for your area. For vegetables, these dates must be specific. Call your Extension Service or a reliable local nursery.

Cool-weather vegetables

You can plant these one month *before* the last frost:

Beets	Lettuce	Peas
Cabbage	Onions	Radishes
Carrots	Parsley	Spinach
Chives		

Crops not on the plan that also like cool weather are: broccoli, Brussels sprouts, cauliflower, kohlrabi, leeks, Swiss chard, parsnips, potatoes, rutabagas, and turnips.

(Beets, carrots, and turnips give you an option: they can be sowed early *or* late.)

Warm-weather vegetables

Plant these only *after* the last frost in your area:

Beans	Cucumbers	Peppers
Squash	Tomatoes	

Other warm-weather vegetables are: corn, eggplant, melons, okra, and pumpkins.

How to plant seeds

Some vegetables on the plan—tomatoes, peppers, cabbages—take a long time to mature. Buy started plants of these. Onions can be started from seed, but you get a quicker crop by using nursery-bought sets or young plants. In all other cases, you'll be sowing seeds for the vegetables on the plan.

1. For the early planting, sort out cool-weather seeds. Check seed packages for planting depths. Seeds are generally planted about three times deeper than their diameters—tiny seeds like carrots go shallow, big seeds like peas, deeper.

2. Mark first row at edge of garden with stakes at each end and a cord stretched taut between them. Open furrow with a hoe.

3. If seeds are tiny, tear off corner of seed pack and tap seeds from envelope evenly into furrow. If seeds are big, hand-place them. Close row, patting soil in place.

4. Mark and plant other rows of cool-weather crops, plus early-crop interplantings in the spaces set aside for warm-weather vegetables (see plan).

5. When all early crops are in the ground, mist with a hose to dampen soil.

6. Hold bean, cucumber, squash seeds until weather is warm; follow same planting procedure. Hand-place beans in rows. Plant six to eight seeds of cucumber and squash to each hill.

How to set out plants

General points to remember:

- Cabbages and onions go in with the cool-weather crops; tomatoes and peppers after danger of frost is past.
- Choose a cloudy day for setting out plants.
- Before planting tomatoes, set a six-foot stake ten inches into ground by each VF tomato, a four-foot stake by each cherry tomato (Small Fry variety).

The transplanting is easy:

1. Using a trowel, dig holes for each plant. Knock plants out of pots carefully. If many plants are in one pack, separate roots *gently*.

2. Set cabbages, peppers, and onion starts at the level they grew in nursery. Set the tomatoes *deeper* than they formerly grew, removing the lower leaves if necessary. To foil cutworms, add a two-inch collar of stiff paper around tomato stems at planting time. Bury one-inch of collar.

3. Water newly set plants.

STEP III GROW AND HARVEST

The secret of minimum care is a summer mulch of straw, put on the plot after the warm-weather crops are in and row crops are four inches high. Grass clippings, hay could be used instead of straw. Once mulch is in place, care is simple.

Thinning the crops

1. Beets, carrots, radishes, and lettuces need to be thinned after they're two to three inches high. Follow spacing directions on the seed packages. Cut thinnings with scissors, don't pull.

2. Don't thin beans, peas.

3. Thin squash and cucumbers to the four strongest plants in each hill when the plants are six inches tall.



California Wonder pepper



Premium Flat Dutch cabbage



Early Golden crookneck squash

Watering

Too little water is probably the leading cause of vegetable losses.

1. Soak, don't sprinkle, once a week unless you've had an inch of rainfall during the time period. Use a sprinkler so distribution will be even. Water in mornings, not evenings, if possible.

2. Add supplementary water whenever vegetables wilt down—again by soaking.

Handling troubles

Adequate water can prevent a lot of gardening problems. It improves the resistance of all plants and helps fend off drought-related diseases such as tomato blight.

Much progress has been made in developing disease-resistant vegetable varieties. These resistant varieties have been specified on the plan.

Insects will probably give you more trouble than diseases will. There are two main groups of pests—the chewing insects that leave shot holes in foliage and the sucking insects that cause leaves to curl and shrink. Rotenone and pyrethrum, both extracted from natural sources, provide pest control with few hazards. Most chewing pests can be routed with rotenone, which has a moderate toxicity. Pyrethrum, used for sucking insects, has a low toxicity rating. Multipurpose vegetable insecticides often contain these chemicals, or carbaryl (Sevin). Mixtures may include a fungicide, too.

Resort to chemical help only when you see a serious problem developing, like a plant that's going to be skeletonized if you don't do something. When you use chemicals, follow the directions exactly. It's especially important in a vegetable garden to observe cautions on labels about discontinuing use before harvest.

Specific problems the vegetables might have are included in the following lists:

Beans. You can count on bush beans producing big, dependable crops in warm weather. Cool, damp conditions will slow them down. Hand-pick any beetles you see working on the plants. Harvest beans at any stage, but they're best when young—about three or four inches long.

Beets. Grow and use beets quickly; don't spare the water when they're pushing growth. Use thinnings as beet greens; pull roots anytime after they're one inch in diameter. To prevent bleeding, leave stalks above roots when you cut tops. Detroit Dark Red variety resists disease.

Cabbage. Chewing insects do like cabbages, so expect some ragged holes in the outer leaves. Intervene with rotenone when the holes start filling more than a third of the leaf area. Hand-pick any worms you see. Harvest when heads are solid. When they are mature, Premium Flat Dutch should be ten inches in diameter; Stonehead Hybrid, about six inches.

Carrots. Don't panic if your carrots don't come up quickly; they're slow to germinate. Carrots will sulk if they're not thinned; otherwise they ask no special treatment. Pull when root tops show above soil.

Cucumbers. Keep cucumbers well watered. Hand-pick beetles, or foil the bugs by covering plants with a piece of cheesecloth held down by bricks. Harvest at any stage, and keep picking—if you don't, they'll stop bearing. Patio Pik variety vines are 24 inches long at maturity.

Lettuce. Cool weather is the secret to good lettuce growing. Oak Leaf variety tolerates warm starts better than most. Cut outer leaves of leaf lettuces, cut heads of the loosehead (Salad Bowl) and the butterhead (Bibb) varieties.

Onions. Thin onions by using as scallions. On those you let mature, wait until tops start to bend naturally, then break tops. Push the soil away from upper half of roots to let onions sweeten in sunshine. Pull before frost; store in cool, dry spot.

Peas. You shouldn't have any trouble with peas if you start them in cool weather—a late snow doesn't daunt them. Pick when pods are firm and well filled, and use them fast. Peas deteriorate quickly—that's why homegrown ones are so special. If you prefer edible-pod peas, plant variety Dwarf Grey Sugar.

Peppers. Frost is fatal to peppers so be sure of your weather before you set out plants. Pick peppers at any size. Let some mature and turn red—they won't be hot. If you want them hot, try Hungarian Wax or Large Cherry. Long Red Cayenne can be used fresh or dried.

Radishes. Plant radishes at the right time and you'll have no problems. All-Seasons White is heat-tolerant—but try Cherry Belle only in cool weather in spring or fall. Pull when you can see the radish root top pushing above the soil.

Spinach. With spinach, you have a choice of using it raw or cooking it—a fact you'll appreciate when you have a big crop on hand. Grow standard spinaches early spring or in cool falls. Fordhook spinach, a suggested second crop on the plan, is a spinach-like green that likes hot weather. To harvest either type, take side leaves first. Don't let plants go to seed.

Squash. Bush-types of squash are a boon to small-scale vegetable gardeners. The two hills of summer squash on the plan will give you a steady supply of produce. Pick summer squash when young and tender—you should be able to puncture the skin with your fingernail. If you'd rather have a fall squash, plant Bush Table Queen or Gold Nugget. Fall types will be hard-skinned when mature. Borers are the most serious threat to squash. They can wipe out a hill in hours and cause sudden collapse of leaf stalks. Dust with rotenone—especially from early June to the third week in July.

Tomatoes. When space is limited, stake tomatoes. As they grow, tie the plants to stakes, using strips of soft cloth. Vegetable gardeners argue about removing suckers (side shoots) that develop in the axils of the main leaf stalks. On staked plants, it's best to remove all of them below the first blooms. The two varieties specified on the plan are resistant to verticillium and fusarium—two serious tomato diseases. If you're plagued by tomato hornworms, hand-pick any you see on your plants and tap them into a can of kerosine, or spray with Sevin. Pick your tomatoes when they're red. If you pick them green, then let them ripen on a windowsill, you'll lose much of that matchless homegrown flavor.

If you prefer an orange tomato, plant Jubilee or Sunray.



How to make the most of those homegrown vegetables

The Complete Vegetable Garden, pages 84 to 87, gives the information you'll need to produce a bumper crop of fresh vegetables that can improve your diet, your finances, and your eating enjoyment. Now here's the payoff: 32 inspirational ways to prepare your own garden produce and accent the homegrown flavor you've worked so hard to put on your table. On the next few pages you'll find recipes for cold, crisp vegetables, company-pretty vegetables, and hot, tender-crisp vegetables. If you lack a green thumb, stock up on fresh vegetables at a supermarket or vegetable stand and you're on your way to a summer full of great eating.

By Doris Eby and Priscilla Hanson Kruse

For a something-different relish or appetizer, serve **Salsa** and corn chips. Chopped tomatoes, onions, celery, green pepper, and chilies accented with mustard and coriander get dinner or cocktails off to an extra spicy start.





Herbed Tomatoes served on a lettuce-lined plate could become one of your summer entertaining specialties. The whole ripe tomatoes are glamorized with green onion, snipped parsley, and snipped marjoram leaves in a basic vinegar dressing.

Tomatoes Rosé are a convenient make-ahead salad. Sliced tomatoes are marinated in a quick-do sauce that starts with Italian salad dressing mix. Then add a touch of rosé wine to complement the tangy freshness of your garden's tomatoes. At serving time, offer the marinade alongside. We're betting you won't have any leftovers.





Try a supper salad when it's too hot to cook. The fresh beets and lettuce from your garden are the stars in **Broadway Beet Salad.** Finish off the cast with hard-cooked eggs, tuna, and celery and top your salad with a commercially prepared mayonnaise or dressing.

Recipes begin on page 118.

Buying information, page 147.

Who could resist **Cucumber Tuna Boats** (clockwise beginning top right) served with a crusty French roll for lunch? A paprika-splashed mixture of tuna chunks, shredded cheese, and hard-cooked egg fills the cargo hatch of these hollowed-out cucumber shells.

Sesame Lettuce Salad is crowned with cucumber and mandarin oranges. Dress it up with a simple French dressing-mayonnaise mixture that features grated parmesan cheese and toasted sesame seed for nutty goodness.

You'll make a hit with curry fans when you serve **Broccoli-tomato Salad.** Broccoli tops are marinated in a sour cream, curry, and mustard dressing. Add some tomato wedges for a party-pretty salad.

Pickles whet the appetite, especially when they're **Pickled Carrots** or **Pickled Onion Rings.** They're sparked with just the right amounts of tantalizing spices.

Serve **Marinated Zucchini with Tomatoes** amid curly endive. Zucchini is blended with green pepper, cottage cheese, chives, sour cream, and lemon juice, then served on tomatoes.



Photographs: de Gennaro. Food Stylist: Mable Hoffman

To sneak some vitamins into the hamburger-and-hot dog crowd, serve **Vegetable Burger Cups** for lunch or supper. A meat-loaf-like mixture seasoned with a sloppy joe mix is shaped around custard cups. After baking the meat cups, fill with a broth-based pea and carrot medley.





For fritters with a flavor difference, try your hand at **Two-bean Fritters.** They're made with green and waxed beans—great with warm maple syrup and butter.

Bring out the delicate goodness of new potatoes with **Herbed Potatoes.** The "sauce" is a buttery mixture of lemon juice, parsley, chives, and dill. Adults will appreciate the subtle flavor, and the kids will enjoy having potatoes sized just for them.





Corn and Cabbage Skillet sounds like a down-on-the-farm repast—and it is, with a notable difference. Adding cottage cheese, sour cream, and parmesan gives this simple dish big-city pizzazz.

Your dinner menu is practically complete when you've prepared **Cheddar Squash Bake.** Layers of yellow crookneck squash, sour cream, cheddar cheese, and bacon stack up to a satisfying treat. Garnish with buttery crumbs, squash, parsley, and bacon curls.





Spinach can be special, too, when it's **Chinese Spinach.** Just barely cook the spinach and water chestnuts in soy sauce and don't forget to pass around chopsticks.

Recipes begin on page 118.

How to make the most of those homegrown vegetables

Looking for new ways of serving your family's favorite vegetables hot and steamy? **Sunshine Carrots** (clockwise beginning top center) are pieces of bias-sliced goodness. What lifts them out of the ordinary is a delectable glaze of orange juice and ginger.

To make squash something to write home about, team it up with sausage, parmesan cheese, and onion and call it **Scalloped Zucchini.** This stick-to-the-ribs side dish is especially good with poultry.

Jackstraw Eggplant looks a lot like French fried potatoes, and it can easily take their place alongside the charcoaled hamburger. You fry these pieces of batter-dipped vegetables in hot oil, much like Oriental tempura, and serve them crisp with grated parmesan cheese.

For **Vegetable Potpourri,** mix three garden favorites—tomatoes, corn, and zucchini—in a skillet. Add a little cumin and garlic powder to intensify the garden-fresh flavors and sprinkle with cheese.

To celebrate a bumper tomato crop, treat the family to **Baked Tomatoes with French Dressing.** After cutting off the tops and hollowing out the tomatoes a little, you fill them with a homemade dressing. Top with buttered crumbs before baking and garnish each tomato with fresh snipped parsley.



Even the homey turnip gets turned into something special. **Turnip Puff** combines mashed turnips with onion, parsley, lemon juice, and bread crumbs. Baked to a turn, the fluffy dish makes a great addition to any meal.





Sausage-sauced Cabbage is a cagey way to help your pasta-loving family shape up for the swimsuit season. To save calories, the rich tomato-sausage extravaganza is poured over tender-crisp cooked cabbage instead of pasta.

Epicurean Green Beans get that way with an assist from their all-time best friend, bacon, in a mushroom- and thyme-flavored sauce. Pour the concoction into patty shells for an elegant luncheon entrée.





Want to elevate plain new potatoes to prominence? Then turn them into **Springtime Potatoes** with the help of a sour cream sauce containing cucumbers, green onion, green pepper, and sliced radishes. Extra good with barbecued meat.

Glazed Onions begin with the tiny "boiler" variety. To make the simple glaze, stir butter and sugar into some of the reserved cooking broth. Garnish with pimiento and you have a vegetable dish that complements anything from pot roast to Beef Wellington.





For a special dinner, you can't go wrong with **Pea Pods and Almonds.** You pamper the fresh pea pods with mushrooms, soy sauce, and chicken bouillon, then toss with slivered toasted almonds.

Recipes begin on page 116.

How to make the most of those homegrown vegetables

As any green-thumb gourmet can attest, the way to savor the goodness of homegrown vegetables is to cook them fresh-picked from your garden.

Minted New Peas (clockwise beginning top center) are just-picked peas sparked with green onions, butter, mint, and rosemary.

For a spectacular molded vegetable salad, try **Cucumber Ring Supreme.** A crown of thinly sliced cucumber is set in lemon-flavored gelatin. Underneath you'll find a cream cheese layer with more cucumber, parsley, onion, and lemon juice. Fill the center of the ring with cherry tomatoes and you have a salad fit for a king.

Another regal dish is **Broccoli Supreme.** Fresh broccoli and grated carrot are topped by a tangy sauce that combines cream of chicken soup with sour cream. For a sumptuous garnish, arrange buttered stuffing mix around the edge.

To turn spinach into a special event, serve **Spinach in Tomato Cups.** Hollow out tomato shells cut with a sawtooth edge and fill each shell with a creamy spinach-egg mixture.

Eggplant Parmigiana is designed to turn the oft-neglected eggplant into a family favorite. Layers of eggplant, parmesan, tomato sauce, and mozzarella band together to form a casserole you're bound to serve more than once.

Photographs: Beege, Burda Moden





Buying information, page 147

Spring Sewing:

An exclusive wardrobe—from one pattern

BODY MEASUREMENT CHART

Size	6	8	10
Chest	25½	27	28½
Waist	22	23½	24½
Hip	26	28	30
Back waist length	10½	12	12¾
Height	45	49½	54½

Our beautifully designed pattern includes a coat, jacket, slacks, and skirt—a truly versatile package. It's another exclusive for Better Homes and Gardens readers, made by the renowned Burda Patterns of Germany.

The picture above shows the coat in red trimmed with white buttons and topstitching. The same coat teamed with matching slacks makes a comfortable pants suit—shown here in a plaid polyester. Still another look (right) is the perky short jacket with an elasticized waistline, worn over a pleated skirt. This jacket also combines well with the slacks. To order the pattern, fill out the coupon on this page. *Pattern 01281:* available in sizes 6, 8, 10.

For back views, see page 127.

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Remember the first time you discovered vegetables really tasted good?

Campbell's Vegetable Soup





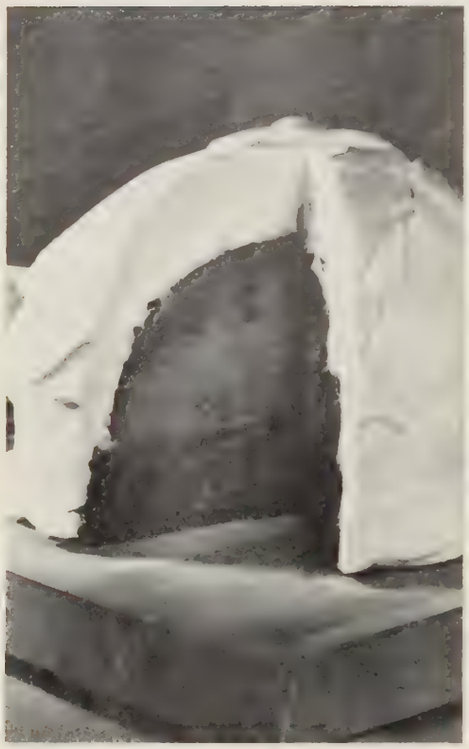
Maybe the carrots started it, or the potatoes. You spooned up a couple of alphabet letters. Somehow the potatoes, peas and corn found their way into your spoon. Maybe it was the way the good broth blended them all together. Before you knew it, the bowl was empty. And vegetables somehow tasted good from then on. Later on you discovered a couple of more delicious ways to enjoy vegetables: Campbell's Old Fashioned Vegetable and Campbell's Vegetarian Vegetable Soups.

M'm! M'm! Good!

BY Nancy Byal

Baked Alaska made easy

If you think baked Alaska is a glamorous dessert, you're right. If you think it's difficult to make, think again. Baked Alaska is not only easy to assemble, you can also bake the cake and mold the ice cream a day or more ahead of time. Just whip the meringue before dinner, then let guests leisurely enjoy coffee after dinner while you frost and brown your masterpiece.







Buying information page 147

Photographs: Dieter

DOUBLE CHOCOLATE MINT ALASKA

A convenience mix Alaska shaped the traditional way—

1 package 1-layer-size chocolate cake mix
2 4½-ounce packages soft-style chocolate whipped dessert mix
½ cup crushed hard peppermint candy

• • •

4 egg whites
½ cup sugar

Prepare chocolate cake mix according to package directions. Bake in greased and floured 8-inch round cake pan; remove from pan. Cool on rack. Wrap and freeze. Prepare chocolate dessert mix according to package directions; fold in crushed peppermint candy. Pour into foil-lined 1½-quart bowl. Wrap and freeze overnight.

To serve, remove frozen dessert from bowl; peel off foil. Unwrap frozen cake; place on board. Place frozen dessert atop cake. Let stand at room temperature 10 minutes while preparing meringue. Beat egg whites till soft peaks form. Gradually add sugar, beating till stiff peaks form. Spread meringue over cake, being sure to seal all edges to board. Bake in 450° oven for 5 minutes or till meringue is lightly browned. Serve the Alaska immediately. Makes 12 servings.

LOW-CAL ORANGE ALASKAS

Each serving has only 111 calories—

4 small oranges
½ cup frozen whipped dessert topping, thawed
1 egg white
⅛ teaspoon cream of tartar
⅛ teaspoon vanilla
1 tablespoon sugar
1 egg yolk

Cut a thin slice off bottom of each orange to make it sit flat. Cut off tops of oranges a fourth of the way down. Remove tops and discard. Carefully scoop out pulp, reserving pulp, juice, and shells. Place orange pulp and juice in blender container. Cover; blend till pureed. Fold in whipped dessert topping. Pour into 2-cup refrigerator tray; freeze firm.

Before serving, break up frozen orange mixture and spoon into orange shells. Return shells to freezer. In small mixer bowl, beat egg white with cream of tartar and vanilla till soft peaks form; gradually add sugar, beating to stiff peaks. In another small bowl, thoroughly beat egg yolk. Gently fold egg yolk into egg white mixture. Remove oranges from freezer. Cover oranges with meringue mixture, sealing to edges of oranges all around. Bake in 500° oven till lightly browned, about 2 to 3 minutes. Makes 4 servings.

PINEAPPLE BERRY ALASKA PIE

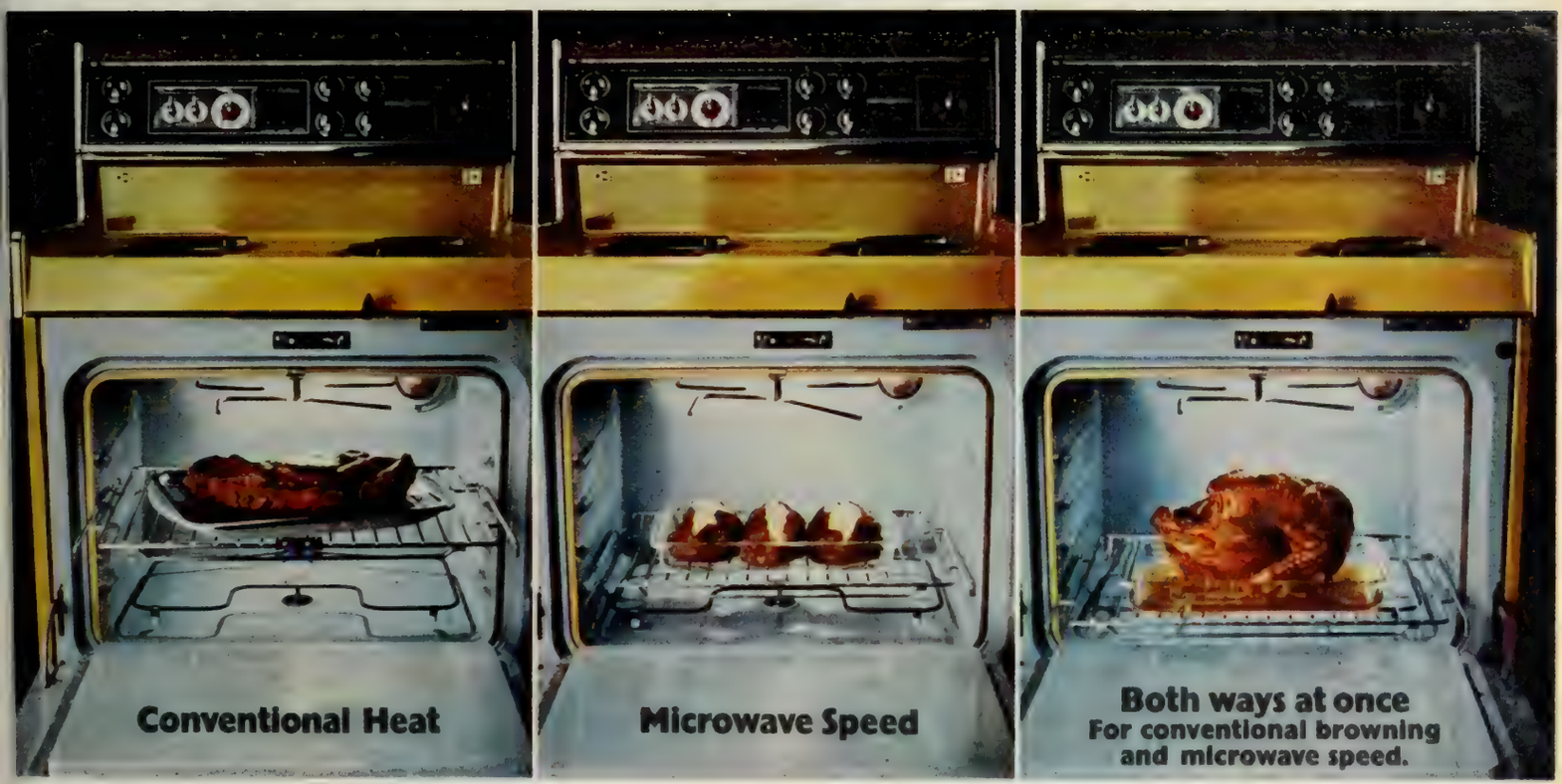
A sharp knife dipped in water makes cutting easier—

1 pint raspberry sherbet
1 9-inch pastry shell, baked and cooled
3 egg whites
½ teaspoon vanilla
¼ teaspoon cream of tartar
6 tablespoons sugar
1 20-ounce can crushed pineapple (juice pack), drained

Spread raspberry sherbet in bottom of baked and cooled pastry shell; freeze firm, 4 to 5 hours or overnight. In mixer bowl, beat egg whites with vanilla and cream of tartar till soft peaks form; gradually add sugar, beating till stiff peaks form.

At serving time, remove pie from freezer. Working quickly, spread the drained crushed pineapple over sherbet. Spread meringue over fruit, being careful to seal meringue well to edge of pastry. Place pie plate on cutting board. Bake in 475° oven till meringue is golden brown, 3 to 4 minutes. Cut in wedges and serve immediately.

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2. Make this easy Angel Mallow Frosting.

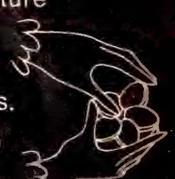
½ cup sugar
2 egg whites
2 tablespoons water
2 cups (7-oz. jar) Kraft Marshmallow Creme
½ teaspoon vanilla
Red food coloring

Combine sugar, egg whites and water in double boiler; beat with electric or rotary beater over boiling water until soft peaks form. Add marshmallow creme; beat to stiff peaks. Remove from heat; beat in vanilla. Tint with food coloring.

3. Make these easy Marshmallow Daisies.



☐ For each marshmallow daisy, dip scissors in water. Cut across the flat side of a Kraft Jet-Puffed Marshmallow to form petals. (Each Jet-Puffed Marshmallow makes 4 petals. Each Miniature Marshmallow makes 2 petals.)



☐ Arrange 5 petals on waxed paper in a flower design, slightly overlapping tips.

☐ Dip inside of daisy in colored sugar to coat cut side of petals.

☐ On large flowers only, cut a Miniature Marshmallow in half and press cut side down, in center of each daisy.

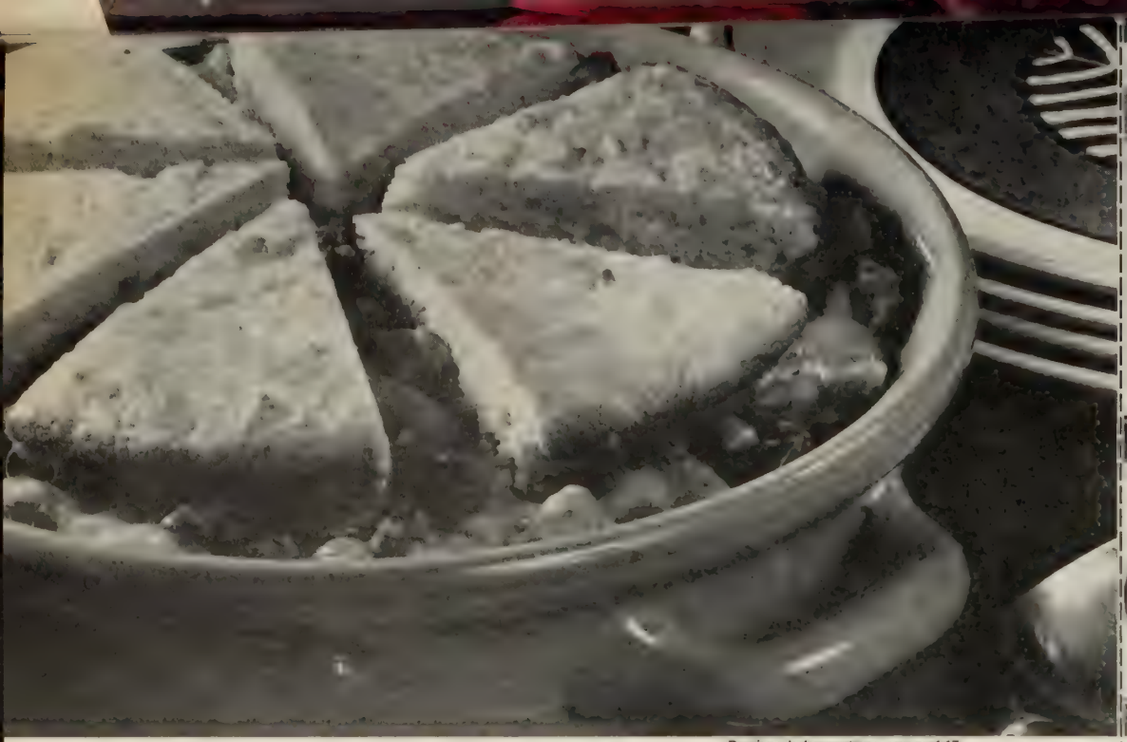




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Buying Information, page 147

FILE UNDER CASSEROLES AND ONE-DISH MEALS

FREEZE-AHEAD CASSEROLES

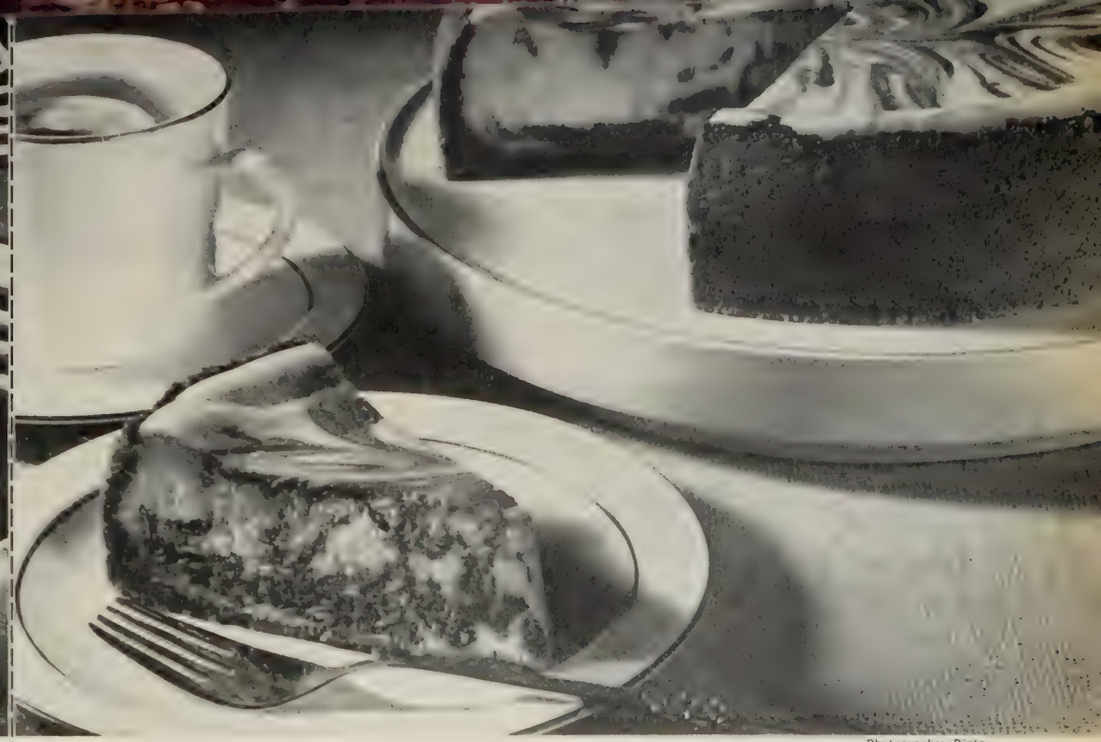
Beef Curry Top Hat

First prize goes to a savory stew topped with corn bread—

Cook ½ cup chopped onion and 1 clove garlic, minced, in 4 tablespoons butter or margarine. Add 2 pounds cubed beef; brown. Add 1 large apple, pared and sliced, 1¼ cups water, 1 tablespoon curry powder, and 1 teaspoon salt. Cover; simmer about 45 minutes. Mix ¼ cup flour and ½ cup water; add to beef. Cook till bubbly. Remove from heat; add one 10-ounce package frozen peas and carrots, thawed. Place mixture in two 1½-quart casseroles. Cool quickly; wrap, label, and freeze. Prepare one 10-ounce package corn muffin mix according to package directions except fold in 1 cup shredded cheddar cheese. Pour into two greased 8-inch pie plates. Bake in 425° oven 10 minutes. Cool, wrap, label, and freeze. To serve: Place one frozen casserole into unheated oven. Bake, covered, in 400° oven 55 minutes, stirring occasionally the last 25 minutes. Meanwhile, cut one thawed corn bread into 6 wedges. Sprinkle lightly with water and place atop casserole. Bake, uncovered, 5 minutes more. Makes 4 to 6 servings per casserole.

Mrs. Ann Fosnight, Boulder, Colo.

Cut along dotted line



Photographs: Dieter

FILE UNDER DESSERTS

CHEESECAKES

Marble Cheesecake

Dark chocolate fans will applaud this first place winner—

1½ cups graham cracker crumbs
¼ cup sugar
6 tablespoons butter or margarine, melted
4 8-ounce packages cream cheese, softened
2 teaspoons vanilla
1¾ cups sugar
6 eggs
2 cups light cream
2 squares (2 ounces) unsweetened chocolate, melted

Combine cracker crumbs, ¼ cup sugar, and butter or margarine. Press in bottom and 2 inches up sides of a 9-inch springform pan; set aside. Beat cream cheese and vanilla till fluffy; gradually beat in sugar. Add eggs, one at a time, beating just till blended. Stir in cream. Combine about 3 cups of the batter with cooled chocolate. Pour plain cheese mixture into crust; gradually add chocolate mixture using zigzag motion. Bake in 450° oven for 15 minutes. Reduce heat to 300°; continue baking for 1 hour 10 minutes or till knife inserted halfway between center and edge comes out clean. Cool 1 hour; remove sides of pan. Chill cake. Makes 16 servings.

Mrs. Peter Porcaro, Hawthorne, N.J.



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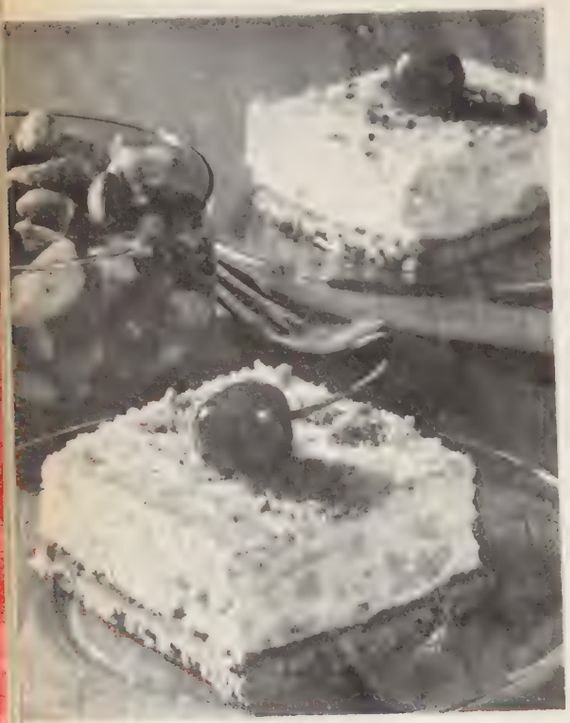
Mystery Cheesecake Pie

1 8-ounce package cream cheese, softened
1 egg
⅓ cup sugar
½ teaspoon vanilla
1 unbaked 9-inch pastry shell
1 cup pecan halves
2 slightly beaten eggs
¼ cup sugar
⅔ cup dark corn syrup
¼ teaspoon maple flavoring
¼ teaspoon vanilla

In small mixer bowl, combine cream cheese, the egg, the ⅓ cup sugar, and the ½ teaspoon vanilla. Beat till mixture is light and fluffy. Spread over bottom of the unbaked pastry shell. Arrange pecans halves atop the whipped cream cheese mixture.

In bowl, combine the 2 eggs, the ¼ cup sugar, the corn syrup, maple flavoring, and vanilla; mix well. Carefully pour over pecans. Bake in 375° oven 40 to 45 minutes or till done. Makes 6 to 8 servings.

Mrs. Arthur Woerz, Lodi, Calif.



Pineapple Cheesecake

Combine 1½ cups graham cracker crumbs, ¼ cup sugar, and 6 tablespoons butter or margarine, melted. Reserve ¼ cup crumbs. Press remainder in bottom of 13x9x2-inch baking pan. Bake in 375° oven for 8 minutes. Chill. Drain one 13¼-ounce can crushed pineapple, reserving ½ cup of syrup. In saucepan, combine 1 envelope unflavored gelatin, ½ cup sugar, 3 beaten egg yolks, and the reserved syrup. Cook and stir till slightly thickened. Chill till partially set. Beat together 1½ cups cottage cheese, one 8-ounce package cream cheese, softened, and 2 tablespoons lemon juice. Gradually add gelatin, beating till smooth. Beat 3 egg whites to soft peaks. Gradually add 3 tablespoons sugar, beating to stiff peaks. Fold into cheese mixture. Whip ½ cup whipping cream; fold into mixture. Turn into prepared crust. Sprinkle with reserved crumbs. Chill. Makes 10 to 12 servings.

Mrs. Rudolf Gerber, Glen Rock, N.J.



Butternut Casserole

2 pounds butternut squash
½ cup chopped onion
2 tablespoons butter or margarine
2½ cups herb-seasoned croutons
½ teaspoon salt
⅛ teaspoon pepper
1 cup chicken broth
1½ cups cubed cooked turkey
½ cup (2 ounces) shredded sharp process American cheese

Halve squash; remove seeds. Place, cut side down, in shallow baking pan. Bake in 375° oven for 45 minutes or till tender. Remove pulp from squash; mash to measure 3 cups. In saucepan, cook onion in butter or margarine till tender; stir in croutons, salt, and pepper. Add broth and toss. Stir in squash and poultry. Turn into a 1½-quart casserole. Wrap, label, and freeze. To serve, bake frozen casserole, covered, in 400° oven for 1½ hours. Uncover; top with cheese and continue baking 15 minutes more. Makes 5 or 6 servings.

Mrs. A. Czajkowski, Syracuse, N.Y.



Ravioli Casserole

½ pound beef round steak, cut in ¼-inch strips
2 tablespoons butter or margarine
1 teaspoon instant beef bouillon granules
1 10-ounce package frozen cut green beans
1 teaspoon all-purpose flour
2 15-ounce cans beef ravioli in sauce
1 6-ounce can sliced mushrooms, drained
¼ cup grated parmesan cheese

In medium skillet, brown beef strips in butter or margarine. Add beef bouillon and ¾ cup water. Bring to boiling; reduce heat. Cover and simmer 20 minutes. Add green beans and simmer 5 minutes more. Combine flour and ¼ cup cold water; add to skillet mixture. Cook and stir till bubbly. Remove from heat. Fold in ravioli and mushrooms. Turn into 11x7½x1½-inch baking dish. Sprinkle with parmesan. Cool quickly; wrap, label, and freeze. Bake frozen casserole, covered, in 375° oven for 45 minutes. Uncover and bake 15 minutes more. Makes 6 servings.

Mrs. M.D. Troxell, Mannford, Okla.

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Butternut Casserole

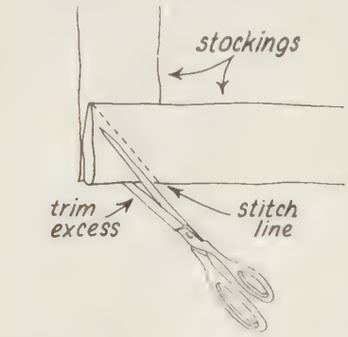
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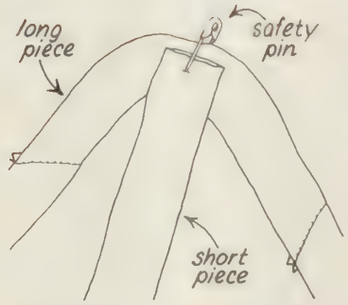
Recycling

Braided rug page 52

Materials: quantities of old stockings—any color, matched or mismatched, with or without runs, panty hose or regular.

1. Prepare stockings for braiding by removing feet and reinforced tops. For panty hose, cut stockings off just below panty part (if sheer to waist, simply split in two along center seam and remove waistband).





2. Join pieces of stocking by stitching along the diagonal to avoid bunching of seams (see drawing). Make one strand ten feet long and another five feet long.

3. Fold the longest strand in two, and tack the end of the shorter strand to the middle of the longer strand with a few backhand stitches (see drawing).

4. Use a safety pin to anchor the strands to back of a chair or other stable point. Begin braiding, making sure you roll stockings tightly. For a plump, firm braid, avoid pulling down on the strands. As you work, always push back and up against the braided portion.

5. When you've finished several yards of braid, lay it flat on a table, and coil and slip-stitch into a round. Try to keep the braid flat to avoid puckering. Add more stockings to each strand of the braid as needed. When your rug is the desired size, finish off by stitching raw edges to edge of rug. Weave ends into outer round with a crochet hook. Press flat using a steam iron and pressing cloth.

Lace pillows page 53

1. Decide what size pillow you want to make. For a background, choose silk, rayon, velvet, or similar fabric in a color that contrasts effectively with the lace. Cut two pieces of background fabric one inch longer and wider than desired finished size.

2. Arrange lace scraps against the background in a pleasing design. Be sure to center design inside the one-inch margin. Pin all lace pieces in place, mitering corners to keep patterns from overlapping. Machine- or hand-stitch pieces to background, starting in the center to keep them from puckering.

3. Pin pillow top to backing right sides together. Stitch around three sides in a ½-inch seam allowance. Turn and press, stuff, and slip-stitch the opening.

Scarf coverlet page 53

Materials: wool, rayon, silk, or synthetic scarves of all sizes (try to use similar weights); one flat sheet; one package synthetic quilt batting; embroidery floss. Our full-size quilt measures about 75x90 inches.

1. Collect all your scarves and spread them out on the floor. Arrange them in patchwork fashion. Ours are whole but you can cut yours to fit the size needed.

2. Stitch scarves in strips either lengthwise or crosswise (we stitched ours lengthwise using narrow seams). Press seams open, using appropriate iron setting.

3. Iron backing sheet and cut it to fit patchwork top. Place sheet on floor, add a layer of batting, and cover with patchwork top right side up. Turn under outer edges of patchwork top and sheet backing ¼ inch and pin together. Edgestitch close to folded edges.

4. Tie tufts of embroidery floss at regular intervals to keep batting from shifting.

Pillow shams (finished size 20x26 inches) fit regular-size pillow.

1. We used one large scarf for the top and a piece of plain cotton fabric for the back. If your scarf is quite sheer, baste a piece of lining fabric to it cut the same size.

2. Cut two pieces of fabric 15½x21 inches for each sham back. Edgestitch one 21-inch side on both pieces and pin them to scarf top right sides together. Stitch backing to scarf around all edges in ½-inch seams, overlapping the edgestitched sides in the middle. Trim corners, turn, and press. Overcast seams.

Canisters page 53

Materials: coffee cans in 1-, 2-, 3-pound sizes; 60 feet ¼-inch sisal rope; 3 sizes bridle rings,



belt leather—2 pieces 19½x1½ inches, 2 pieces 16¼x1⅜ inches, 2 pieces 12⅞x1⅛ inches, and 3 pieces 1x3½ inches; 3 medium rivets; wood for bases and lids; 3 #12 sheet metal screws (⅝ inch, black); flat black spray paint; contact cement.

1. For each can, cut one-inch wood circle to fit inside bottom rim, one-inch circle to fit top outer rim, and ½-inch circle to fit inside can. Glue top pieces together with contact cement, making sure inner circle is centered on top and fits easily into can. Weight down till dry.

2. Spray wood tops and bases black. Fit leather around cans. finish edges, and set aside. Wrap sections of can with rope, cutting off length needed plus about three extra inches. Fray about one inch on starting end. Spread contact glue on one area to be covered with rope. Start rope at back seam of can. Press frayed end into glue below dent. Flatten frayed ends and spread out as much as possible. Wrap around the can and over frayed section. Continue wrapping rope tightly with the last row in indented area. Allow one to 1½ inches for tuck under. Cut off excess. Fray end and work ends under wrapped section at back seam of can.

3. Cement leather to can, starting and ending at back seam of can. Secure with rubber bands.

4. Drill hole through center bottom of cans; screw wood base in place. Drill ½-inch hole through top circles at center. Make three leather holders for tops. Dampen and roll leather around ½-inch dowel, slip off dowel and punch holes for rivets. Set rivets. When dry, add finish of choice.

5. To assemble tops, cut two 20-inch pieces of rope. For small ring, slip rope through ring. Push ends through leather loop, through top, and knot to hold in place. Cut off excess rope. Repeat on remaining tops, but wrap rope two turns around on medium ring and three times around on largest ring before putting ends through leather loop.

Woven ties page 53

Materials: You'll need old ties in a variety of colors and patterns. To prepare ties for weaving, remove linings and fold lengthwise to assure uniform thickness. Use a wooden yardstick as a shed stick for gently beating each woven length of tie flat against body of woven fabric.

1. Make a 20x39-inch frame from scrap 1x4s. Nail the 20-inch verticals on top of the 39-inch lengthwise pieces. Space two-inch finishing nails ½ inch apart on verticals. Tie a length of cord, twine, or yarn around lower right corner nail, bring the line up and around two top right nails, down and under next two bottom nails, and so on across the loom. Tie off. These threads will serve as your warp, through which you weave the ties.

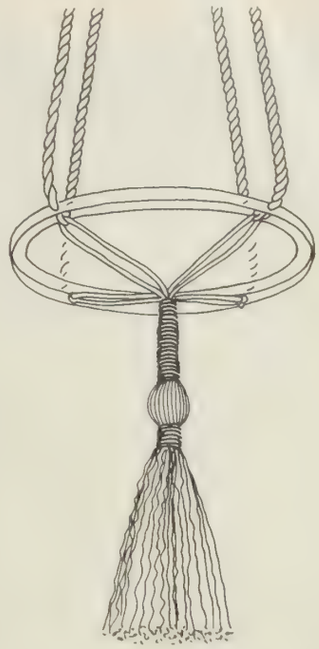
2. Starting in lower right corner of loom, weave yardstick alternately over and under each succeeding warp thread. Turn yardstick on its side to separate warp threads, and draw a folded tie through the space opened by the shed stick (end of tie should extend several inches). Beat tie flat against edge of loom.

3. Remove yardstick and reweave it through the warp threads of the second row, reversing the order. Bring remaining end of first tie as far through the open space as it will go. Draw the next tie through, using it to cover end of first tie. Beat the tie in place with yardstick. Remove yardstick and repeat procedure, adding ties as you go. When you've finished, tuck ends of first and last ties into back of weaving.

4. When you've finished weaving, snip and tie off warp threads. To secure weaving, machine-stitch ¼ inch in from edge on all sides.

Hanging planters page 55

Materials (for each planter): 1 quart frozen dessert container, 4-inch diameter plastic lid, 1-inch curtain ring, ½-inch wooden bead for each tassel, 3-ply twine



or cord, black yarn, masking tape, large-eye needle.

1. Wrap yarn around ring. Cut

continued



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continued

Recycling

four 40-inch lengths of twine and fold each in half. Attach one folded length to ring with lark's head knot. (Lark's head knot: insert folded loop of twine through center of ring from back. Bring two loose ends over front of ring and thread through loop. Adjust ends so they are same length, pull and tighten.)

2. Twist two extending twine lengths together to 14 inches. Hold twisted twine in place temporarily with tape.

3. Hang ring from overhea
port to handle easily. Punc
holes, spaced equidistantly a
lip of plastic lid. With
thread ends of twisted
through one lid hole, th
from outside to underside
Pull twine ends through u
rests under taped portion o
Knot twine directly und
edge.

4. Lay extending twine
lid bottom just to the cent
tape temporarily (see dra
You should have abou
inches of twine left for att
tassels. Repeat process fo
three lengths, threading e
other lid holes to form
Use a short piece of twin
all extending lengths toge
rectly under center of lid.

5. Cut five eight-inch leng
twine. Unravel each to m
strands of one-ply twin
them together in center w
eight-inch length of
twine (referred to as
Thread the two ends of
through wooden bead (t
strand portion hangs under

6. Cut six 11-inch leng
twine. Again unravel each
to make 18 strands of
twine. Use ends of tie ex
above bead to tie around
of these additional strand
should cascade over bead
may need to arrange arou
to cover it evenly. Use
piece of twine to tie them t
firmly under bead. Wra
yarn tightly under bead
long. Trim tassel ends eve

7. Cut extending twine end
lid to 1½ inches. Also cu
tassel above bead to 1½
Use twine to tie both toge
tassel hangs below plast
form. Cover joinings wit
yarn wound tightly abo
for about 1½ inches.
tape holdings.

8. For double tassels,
extending twine ends i
sections. Attach a tassel
section using above pr
(be sure to wind yarn
each extension).

9. Before planting greene
bottom of dessert contai
pebbles to ensure prope
age. Position container
planter cage.

Stained glass bottles page
Materials: assorted clear
ly tinted bottles; one tu
simulated liquid lead; sev
ors glass stain; glass st
ner; spray resin; small,
sive paintbrushes. Work
ventilated area.

1. For your first attempt
bottle with a flat front. V
dry bottle. Prepare bottl
for accepting lead by
with a coat of resin.
about 20 minutes.

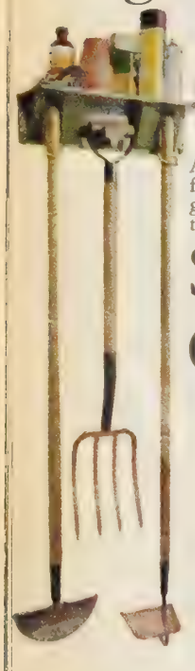
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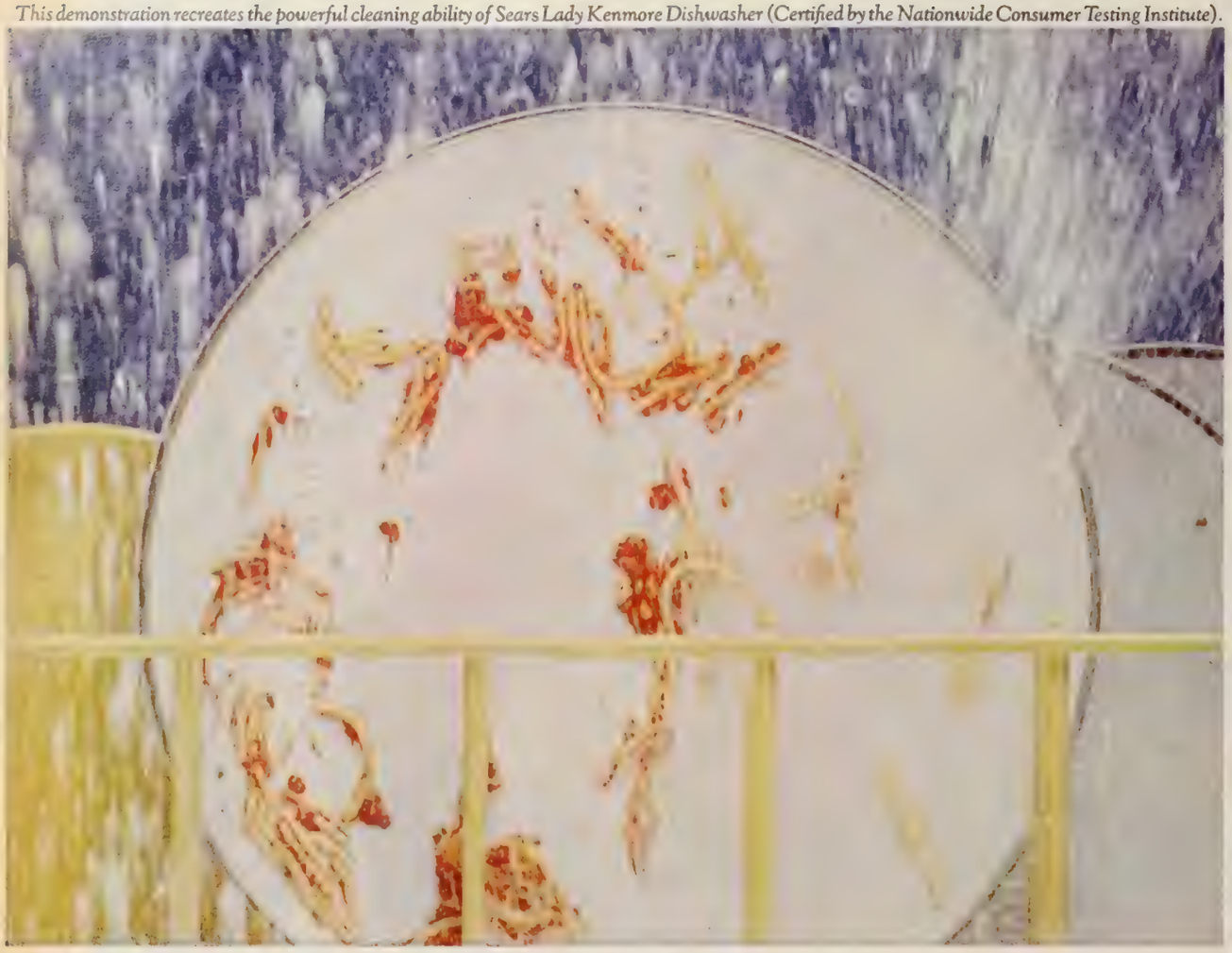
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What's more, Sears Lady Kenmore is built to perform. But if you ever do have a problem, you can rely on Sears service.

Sears Lady Kenmore does just about everything, itself. So you really do have freedom from scraping and pre-rinsing. That's why we call it The Freedom Maker. The Sears Freedom Maker, both built-in and portable, is available at Sears, Roebuck and Co. stores and through the catalog.

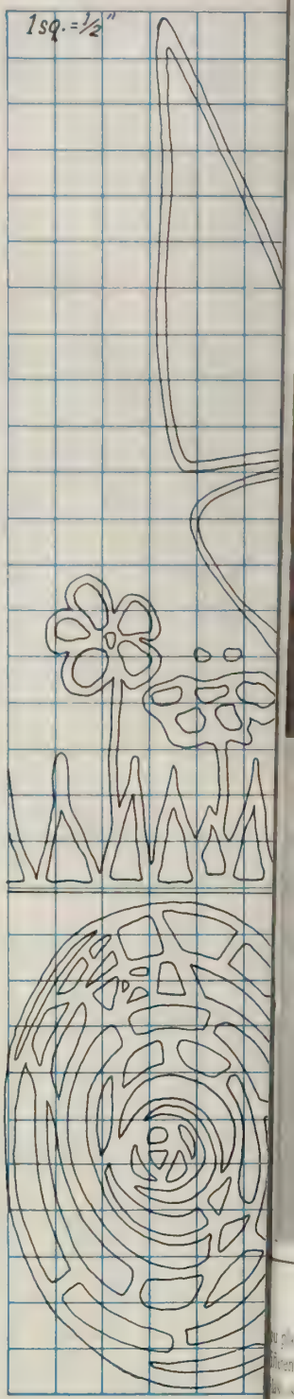


The Freedom Maker™

continued

Recycling

2. To soften liquid lead, imm
tube in hot tap water for five
utes. Practice squeezing the



into a variety of designs
newspapers. Squeeze th
gently with even press
make even, flat lines, alwa
the tube toward you.

3. Lay prepared bottle o
paper-covered surface. P
wadded newspapers if ne
Decorate with lead. Cre
own designs to follow gl
tours, or use ours (see dr
You can scrape off lead
or mistakes with an art k
the design dry at least o
before turning bottle.

4. When all your lead de
dry, select the glass sta

BIRDS EYE® INTRODUCES THE EXOTIC HAMBURGER



JAPANESE STYLE HAMBURGER *3/4 pound ground beef • 2 teaspoons cornstarch • 1/4 teaspoon salt • 1 cup water • 1 cup thin egg noodles • 1 package (10 oz.) Birds Eye® Japanese Style Vegetables with a Seasoned Sauce • 1 to 2 tablespoons soy sauce*

Brown beef well in skillet, leaving meat in large chunks. Dissolve cornstarch and salt in water; add to skillet and bring to a boil. Stir in noodles; cover and simmer 2 minutes. Add vegetables. Bring to a full boil over medium heat, separating vegetables with a fork; stir until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Stir in soy sauce. Makes 3 servings.

SEE COLUMN FOR MORE RECIPES.



GF GENERAL FOODS KITCHENS

WITH OUR VEGETABLES AND YOUR HAMBURGER WE CAN MAKE BEAUTIFUL DINNERS TOGETHER

MORE INTERNATIONAL RECIPES WITH HAMBURGER.

GROUND BEEF STROGANOFF. *3/4 pound ground beef • 1/4 cup chopped onion • 1 teaspoon salt • 1/4 cup water • 1 tablespoon catsup • 1 teaspoon prepared mustard • 1 package (10 oz.) Birds Eye® Danish Style Vegetables with a Seasoned Sauce • 1/2 cup sour cream*

Brown beef in skillet with onion and salt. Stir in water, catsup and mustard. Add vegetables. Bring to a full boil over medium heat, separating vegetables with a fork; stir until sauce cubes are blended.



Reduce heat; cover and simmer 3 minutes. Stir in sour cream; heat. Serve over hot cooked noodles, if desired. Makes 3 servings.

CHATEAU-STYLE GROUND BEEF. *3/4 pound ground beef • 1 teaspoon salt • 1 teaspoon onion powder • 1 tablespoon butter or margarine • 1/3 cup water • 1 package (10 oz.) Birds Eye® Parisian Style Vegetables with a Seasoned Sauce*

Combine beef, salt and onion powder. Shape into 3 oblong patties. Brown in butter on both sides, reduce heat and cook to desired stage. Move patties to side of pan. Add water and vegetables. Bring to a full boil over medium heat, separating vegetables with a fork; stir until sauce cubes are blended.



Reduce heat; cover and simmer 3 minutes. Serve with French bread, if desired. Makes 3 servings.

OTHER INTERNATIONAL RECIPES WITH CHICKEN.

CHICKEN OREGANATO. *1 clove garlic, crushed • 1 tablespoon salad oil or butter • 1-1/2 cups cooked chicken, cut in strips • 1/2 cup water • 1 tablespoon lemon juice • 1/2 teaspoon oregano • 1/2 teaspoon salt • 1 package (10 oz.) Birds Eye® Italian Style Vegetables with a Seasoned Sauce*

Sauté garlic in oil in a skillet. Add chicken, water, lemon juice, oregano and salt. Add vegetables. Bring to a full boil over medium heat, separating vegetables with a fork; stir until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Makes 3 servings.



JAPANESE STYLE CHICKEN. *1/4 cup unsifted all purpose flour • 1 teaspoon salt • 1/8 teaspoon pepper • 2 pounds frying chicken pieces • 3 tablespoons salad oil • 1/2 cup water • 1 teaspoon soy sauce • 1 package (10 oz.) Birds Eye® Japanese Style Vegetables with a Seasoned Sauce • Hot cooked rice (optional)*

Combine flour, salt and pepper; dredge chicken pieces. Heat oil in large skillet, add chicken and brown well on both sides. Turn chicken skin-side up and add water. Bring to a boil; cover and simmer 30 minutes, or until chicken is tender. Place chicken on a platter and keep warm. Add soy sauce and vegetables to skillet. Bring to a full boil over medium heat, separating vegetables with a fork; stir until sauce cubes are blended. Reduce heat; cover and simmer 3 minutes. Serve over chicken, with rice, if desired. Makes 3 servings.



u plan to fill them with. Use a fferent brush for each color. ass stain will not brush on mpletely smooth but tends to ear, giving an authentic glass- e effect. Cover each area com- tely with stain, brushing it ghtly on top of all surrounding d lines. Allow stain to dry two urs before moving the bottle. deeper color is desired, apply econd coat of stain.

Let bottle dry for one day, then l with coat of spray resin. If ttle needs a lid, salvage the ginal and spray it black.

ce mats page 55

Cut heavy-duty grocery bags o strips 3½ inches wide and as g as needed (for mats, cut 15 ps 14 inches long) and fold in f lengthwise. Fold again lengthwise so cut edges meet along center fold.

2. Line up the 13 strips close together and hold down with masking tape or machine stitching (stitch across one short end an inch from the edge).

3. Weave the longer strips over and under these, alternating the order every other strip. After each row, push strips together for a firm weave.

4. When finished, straighten and tighten entire mat and leave a trimmed fringe on all edges. Mat should measure about 14x18 inches. Double machine-stitch around edges close to weaving or glue all ends down. Spray with clear protective finish.

Crocheted rug page 55

You'll need a generous supply of plastic bread wrappers (or any other plastic bags of similar weight) and size Q crochet hook.

1. To prepare your "yarn," cut bread wrappers crosswise into one-inch strips and join them together with a slipknot to make long, double-strand strips of plastic. Roll strips into balls.

2. Chain a strip about 18 inches long. Single crochet up one side of the chain and down the other, adding extra stitches around end curves to keep the rug flat. Continue until rug reaches your desired size (ours is 24x20 inches). If you find the plastic difficult to crochet, try cutting your strips a little narrower.

To clean rug, simply hose down or swish through a tub of lukewarm water. ■

Of all these leading oils Kraft Safflower oil polyunsaturates best.

Ratio of polyunsaturates to saturated fats

Safflower 8.5 to 1

8.0 to 1

6.0 to 1

Corn 4.5 to 1

4.0 to 1

Soybean 3.5 to 1

Soybean—Cottonseed 3.0 to 1

Peanut 2.0 to 1



A major independent research group has found that of these leading vegetable oils, Kraft Safflower Oil is highest in polyunsaturates. Higher than peanut oil. Or soybean. Or cottonseed. And even higher than corn oil.

The same study shows Kraft to be highest in quality for deep-fat frying, too. It makes your fried foods turn out crisp, golden brown and deliciously light. And Kraft Safflower Oil has such a light, delicate taste it really lets the flavors of a salad come alive. No wonder Kraft Safflower Oil is growing at a faster rate than any other vegetable oil in America.



KRAFT
Division of Kraftco Corporation

Passover celebration dessert

During Passover, tables ar en with special foods serve during this joyous eight-d servance. The Jewish home must use all her ingenui cause during Passover dieta forbids the use of any leav flour, or bread products. Passover Apple Cake, matz meal and potato starch ar with eggs as the leavening dairy topping or a dust powdered sugar adds a touch.



Photographs: Dieter

PASSOVER APPLE CAKE

9 egg yolks
3 tablespoons lemon juice
2 teaspoons grated lemon p
2 cups granulated sugar
½ cup matzo cake meal
⅓ cup potato starch
9 stiff-beaten egg whites
4 medium cooking apples, pared, and sliced (4 cups
2 tablespoons water
½ cup chopped walnuts
1 tablespoon lemon juice
1 teaspoon ground cinnam
Sifted powdered sugar

In large mixer bowl, b yolks, the 3 tablespoons juice, and the peel till th lemon-colored. Graduall cup of the granulated sug ing till smooth. Sift ½ cu granulated sugar, the ma meal, and potato starch t blend into yolk mixture. egg whites. Spread half th in ungreased 13x9x2-in ing pan. Bake in 325° 30 to 35 minutes, or brown. Meanwhile, cook covered, in the water heat till barely tender, minutes. Drain. Stir in re ½ cup granulated sugar, nuts, remaining lemon ju cinnamon. Arrange ap ture over baked cake. Co remaining cake batter. F oven and bake 50 to 60 more; cool. Sprinkle top with powdered sugar. N to 15 servings.

Short and sweet centerpieces

Early spring flowers are a delight to smell, but tricky to arrange. Hardening off the stems in a bucket of tepid water often strengthens limp stems. But if this treatment doesn't work, try arranging the posies in short-stemmed profusion in a basket. Let your own basket collection inspire other arrangements at different seasons.



Sewing basket becomes a container for an oval arrangement. Put a rimmed soup plate and a large needlepoint in base of the basket. Then mass stepping stones of heavy blooms, daffodils, and tulips in the center—and surround them with hyacinths. When cutting spring blooms, leave foliage undisturbed so strength will go back into the bulb.



Chip and dip basket holds daffodils, daisies, jonquils, stock, and tulips. Fit a low oval dish in the bottom of the basket and pack with scraps of water-soluble plastic. When shaping arrangement, work from the center out, mixing small and large blooms and using the spiky stock at each side to carry out the wide, low line. Place one large bloom in center.



Photographs Hopkins

Wine basket displays a triangular array of iris, daffodils, daisies, jonquils and hyacinths softened with sprays of baby's-breath. Fit custard cups in bottom of wine basket and attach a small needlepoint in the center of each. Arrange short-stemmed flowers and a few longer stalks in a low triangular shape. Use iris and daffodils as the high point.

he easy black bottom pie has a bottom you won't believe.



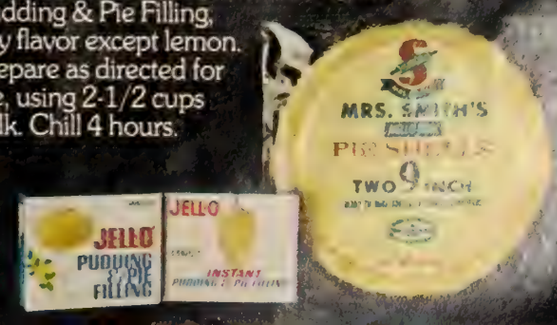
When you bite into this easy-to-make family dessert, you sink through a layer of creamy Jell-O® Brand vanilla flavor pudding. Then you crunch through a bottom that's solid chocolate with a tender Mrs. Smith's baked pie shell underneath. It's three different tastes blended into one delicious pie.

Easy Black Bottom Pie

1 unbaked 9-inch Mrs. Smith's Frozen Pie Shell
1/2 cup semi-sweet chocolate chips
1 package (6-serving size) Jell-O® Instant Pudding & Pie Filling,* any flavor except lemon.

Bake pie shell as directed on package. *Immediately* sprinkle chips in single layer on bottom of pie shell. Let stand 3 to 5 minutes to melt chips; then spread evenly over bottom of crust. Cool thoroughly. Meanwhile, prepare pie filling mix as directed for pie, using 2-1/2 cups milk. Pour into chocolate-coated crust. Chill 3 hours. Garnish with prepared whipped topping, if desired.

*Or use 1 package (6-serving size) Jell-O® Pudding & Pie Filling, any flavor except lemon. Prepare as directed for pie, using 2-1/2 cups milk. Chill 4 hours.



WHEN IT'S 3:10 IN THE AFTERNOON BUT YOU FEEL LIKE IT'S 10:30 AT NIGHT...

There you are. It's the middle of a beautiful afternoon. But you feel as though the day is dragging. It's one of those days when you just can't seem to get anything done. What you need is something to pick you up.

What you need is Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin effective is the caffeine of two cups of coffee squeezed into one easy to take tablet.

Vivarin...because the best part of the day is still ahead of you.

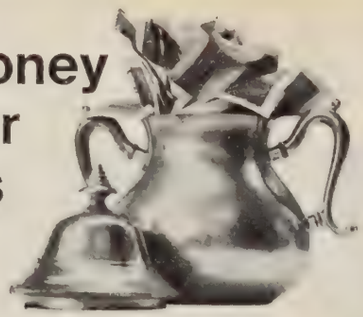




You've waited long enough for true lead crystal this good, this easy to own. Made in America and recognized by International Standards. Catching and playing with light as only deep faceted crystal can. Lead crystal. By Fostoria, of course. We've been working on your crystal since 1887. The crystal of America.

Fostoria
We've been working on your crystal for 87 years.

Win money for your recipes



Turkey Postscripts—Pumpkin Desserts

What do you do with leftover turkey from your holiday feas We'd like to know, and we're also looking for family-favori pumpkin desserts. Send your recipe today for either or both cat gories and you could be a prizewinner next November. Tw Cooks-of-the-Month receive $50 each. Four Runners-up receiv $25 each and 12 Honor Roll winners get $10 each. The selecte winning recipes will be pictured on the Prize Tested Recipe pag next November. All 18 winners receive a framed Better Hom and Gardens Certificate of Endorsement and six copies of t endorsed recipe.

Hints to Help You

Turkey postscripts can go into a stew along with the leftover vegetables. Do you use shredded turkey in a pasta salad or a saucy knife-and-fork sandwich? Perhaps you grind turkey for burgers or cube it for a stuffing casserole or skillet main dish. Hints:

turkey-cheese bake
easy turkey divan
turkey-stuffed peppers
turkey-ham stack-ups
Hawaiian turkey puff

Pumpkin desserts can be flu chiffons or frozen tortonis. Ma be you bake a delicious pumpk pudding cake or a spicy layer torte. Don't forget minceme raisins, gingerbread, and app to accent both fresh and cann pumpkin. Suggestions:

pumpkin-honey custard
pumpkin nog tarts
spicy pumpkin parfaits
harvest cake roll
pumpkin charlotte

THIS MONTH'S WINNERS

(See recipes on pages 99 and 100.)

Cooks-of-the-Month

Mrs. Ann Fosnight, Boulder, Colo.
Mrs. Peter Porcaro, Hawthorne, N.J.

Runners-up

Mrs. A. Czajkowski, Syracuse, N.Y.
Mrs. Rudolf Gerber, Glen Rock, N.J.
Mrs. Monte D. Troxell, Mannford, Okla.
Mrs. Arthur Woerz, Lodi, Calif.

Honor Roll

Mrs. Helen Carter, Springfield, Mo.
Najat George, Birmingham, Ala.
Mrs. Laurie Lipper, East Brunswick, N.J.
Anthony Mango, Parsippany, N.J.
Marilyn Matier, Overland Park, Kans.
Mrs. John Paesano, West Bloomfield, Mich.
Mrs. Linda Peebles, Cleveland, Ohio
Mrs. Gene Rackley, San Antonio, Texas
Kathleen Sakalosky, Magnolia, N.J.
Miss Lucy Wheeler, Charlottesville, Va.
Mrs. Vernon Wilson, Bakersfield, Calif.
Miss Mavis Womack, Ackerman, Miss.

Contest Rules

1. Write or type your recipe clearly on one side of the paper and m it "November Turkey Postscripts" or "November Pumpkin Desse If you wish, send a recipe for each of the two categories.
2. Print your full name and address in upper right corner of paper.
3. Give measurements in *level* cups, tablespoons, teaspoons.
4. Specify brand names of the *nationally* known food products you as ingredients so we can test your recipe with the same brands.
5. Include 50 to 100 words about the origin of the recipe you submi
6. Recipes submitted become property of Meredith Corporation.
7. Entries must be postmarked by midnight, April 30. In cases w duplicate recipes are submitted, the one with the earliest post will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7404 Test Kitchen, Better H and Gardens, Des Moines, Iowa 50336.



Betty Crocker® Snackin' Cake®

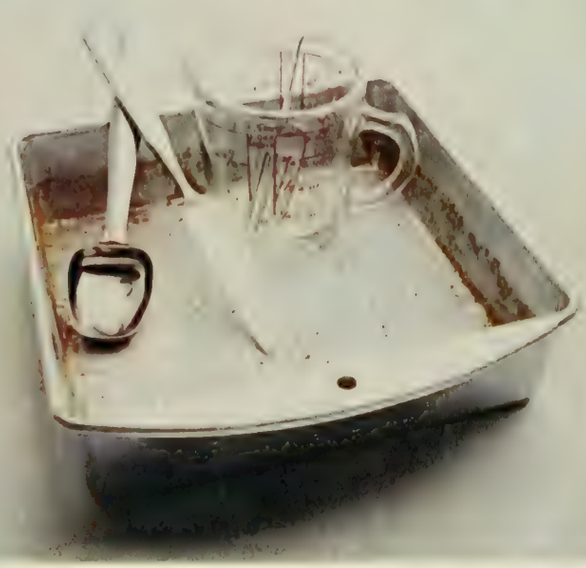
Something special to eat.



To the family it's some kind of fantastic moist cake you just pulled out of the oven.

To you, Betty Crocker Snackin' Cake is the cake you might have mixed up between taking the kids to the dentist and writing your letter to the editor. And you mixed it up with just a fork in the same pan you baked and served it

Nothing much to clean up.



No mixing bowls, no big mess to clean up. Betty Crocker Snackin' Cake in six moist, delicious flavors: Banana Walnut, Coconut Pecan, Chocolate Almond, Chocolate Chip, Applesauce Raisin and Chocolate Fudge.

We call it something special to eat, nothing much to clean up. We think you will, too.



Guide to oriental ingredients

Looking for a way to give your meals a different taste and/or texture twist? Browse through an oriental food store and you'll find dozens of ideas. For starters, here are some common oriental ingredients you'll want to try.

Bamboo shoots are the young, tender shoots of a tropical bamboo plant. Marketed in cans, they add sweet, delicate flavor and crisp texture.

Mild-flavored *bean sprouts* are the tiny white sprouts from mung beans. You can buy them fresh or canned, or better yet, buy the mung beans and sprout them yourself. Cook them very briefly to retain the crunch.

Bean threads are opaque, fine noodles made from ground mung beans. First soaked, then cooked briefly, the threads become translucent, gelatinous, and slippery.

A head of *bok choy* or Chinese cabbage consists of long, smooth stalks topped by green crinkly leaves. It is a versatile and popular vegetable with a delicate flavor and pleasant texture. Little or no cooking is needed.

Oriental cooks usually prepare *cucumbers* (the one pictured is a burpless variety) by removing seeds and pulp. The thick outer shell is then thinly sliced and used cooked or uncooked for color and crunch.

Fresh *gingerroot* is a basic seasoning for Chinese cooking. The gnarled brown root conceals an ivory interior with a pungent, spicy flavor. Gingerroot is often used with seafood to neutralize any fishy taste.

Gobo root, the long slender root of the burdock plant, is a popular Japanese vegetable. Peelings and all are often used in many different vegetable, meat, and seafood mixtures.

Potato-like *lotus root* is the reddish brown tuber of the water lily plant. Peel and slice the lotus root to show off the unusual flowerlike cutout.

The best quality *dried mushrooms* (a large brownish black variety) have thick light skins, curled edges, and high cracked surfaces. After soaking, they add a succulent, almost meaty quality to a dish.

Curly *ramen* is a Japanese-style wheat noodle. Some of the noodle packages come with a seasoning packet for soup. But ramen can also be used as an ingredient in chow mein- or chop-suey-type dishes.

Rice threads or noodles look like a mass of long, thin, white threads. They are made from rice flour and have a distinctive flavor when steamed, simmered, or deep-fat fried.

Dried seaweed is only one form of seaweed or what the Japanese call the "paper" vegetable. It is soaked briefly, and then used in salads or soups.

Snow peas or Chinese pea pods are picked while still immature and are eaten, pod and all. Stir-fry them and cook them very briefly to retain the crisp, tender texture and bright green color.

Takuan is the pickled form of the giant radish called daikon. The Japanese sometimes make a complete, and certainly frugal, meal of nothing more than takuan and rice.

Tofu or bean curd is a Japanese high-protein food. The very mild-flavored, custard-like squares are made by firmly pressing pureed soybeans.

Water chestnuts are the aquatic bulbs of an Asian marsh plant. The creamy white vegetable offers unbeatable crunch to main dishes and vegetable side dishes.



(Clockwise from left front) Fresh gingerroot, burpless cucumber, snow peas, bok choy, gobo, bean sprouts.



Buying information, page 147 Photographs: Dieter

(Clockwise from left front) Water chestnuts, bamboo shoots (whole and sliced), tofu, lotus root.



(Front to back) Dried mushrooms, pickled radish, bean threads, dried seaweed, rice threads.



(Front to back) Dried ramen, prepared ramen used as an ingredient in soup and in a chow mein mixture.

WE'RE LISTENING

Is the food served in your home a family affair?

Concerned food manufacturers need to know what's going on in your kitchen to help them plan products and provide information you will use.

The following manufacturers are listening.

ADVERTISERS

Wish-Bone Salad Dressing
Reynolds Wrap Aluminum Foil
Hellmann's/Best Foods Real Mayonnaise
Kretschmer Wheat Germ
Stouffer's Frozen Prepared Foods
Armour Star Canned Ham
Betty Crocker Tuna Helper
Underwood Canned Meat Spreads
Mary Kitchen Roast Beef Hash
California Avocado Advisory Board/Chicken Rice-A-Roni Accent
Betty Crocker Frosting Mix
Kellogg's Corn Flake Crumbs/ Kikkoman Soy Sauce
Rath Canned Ham
Dole Sliced Pineapple
Carnation Slender
Armour Golden Star Turkey/ Kellogg's Croutettes Stuffing
B&M Baked Beans
General Mills Breakfast Squares
Lea & Perrins Worcestershire Sauce
Hormel Ham
Campbell Soup

DIRECTIONS

Prepare a simple answer sheet using the letter from the statements below and the following numbers to indicate the members of your household involved in the activities described. Enter "O" if the statement fits no one in your family.

ANSWERS

1. Wife, employed outside the home
2. Wife, not employed
3. Husband
4. Child/children (under 18)
5. Single adult male
6. Single adult female

QUESTIONS

A. List the members of your household from the numbers above
B. Does most of the major weekly grocery shopping
C. Suggests specific food products to be purchased
D. Eats weekday breakfast at home
E. Prepares weekday breakfast
F. Eats weekday lunch at home
G. Carries lunch from home
H. Usually prepares Sunday breakfast/brunch
I. Has a specialty dish which he/she prepares
J. Relies heavily on written recipes when he/she cooks
K. Tends to use convenience foods when he/she cooks
L. Uses wine or spirits in cooking
M. Makes some specific menu suggestions nearly every week
N. Suggests specific recipes to be prepared
O. Prompts most of the purchases of snack foods
P. Budgets amount to be spent on food
Q. Reads food editorial and ads in magazines

Mail your answer sheet and any additional comments you wish to make to:

Family Foods Ideas
P.O. Box 4553
Des Moines, Ia. 50336

(Advertisement)



When Wish-Bone people say welcome, they do it with good fun and good food. And that's where Wish-Bone Italian Dressing belongs. Perfectly balanced, perfectly blended. For real Italian flavor. Wish-Bone. For people who really like salads.

he Wish-Bone® Just-Moved-In Party
or people who really like salads.

begins on page 78

Tables: big effects from small changes

Acrylic place mats, page 78

Cut as many 12x18-inch place mats as you need from an acrylic plastic such as Plexiglas® (see Buying Guide).

To finish edges, sand with a medium grit (60-80) paper. For a transparent edge, continue sanding, first with a 150 grit wet or dry paper, then with 400 grit paper. Buff with an electric drill, using a muslin wheel and fine grit buffing compound. Finish with a cotton-flannel wheel.

Tortoiseshell eggs, page 78

Designer: Laurie Casselman
Materials: raw umber, brown umber, and yellow ochre oil paints; gesso; turpentine; candy apple sticks; vinegar; eggs; plastic foam; spray protective coating.
1. Blow out eggs and soak in equal parts vinegar and water. Rinse well and dry thoroughly.
2. Insert stick into eggshell. Coat with gesso and allow to dry.
3. Squeeze small amount of each color oil paint into individual jars. Thin with turpentine.
4. Fill glass bowl with about two inches of water. With a stick stir water gently at right angles to sides of bowl. Pour one tablespoon of thinned paint on surface of moving water. Paint should break into small beads. Add second and third colors in same manner.
5. Holding stick, twirl eggshell in paint, coating entire surface evenly.
6. Push stick into plastic foam and allow eggshell to dry.
7. Spray on protective coating.

Yarn centerpiece, page 79

1. Collect a variety of plastic foam balls and yarns in complementary colors.
2. Hold one end of the yarn against rough surface of a foam ball. Wind yarn around the ball until it looks like an old-fashioned ball of yarn. Tuck the loose end in under one of the wound strands (later you can easily unwind yarn for use in knitting projects).
3. Arrange yarn balls in a low basket and add knitting needles for a homespun effect.

Braided place mat, page 79

For each place mat you'll need ¾ yard each of three different small cotton prints, 45 inches wide.
1. Cut fabric *folded* in crosswise strips, each 3½ inches wide

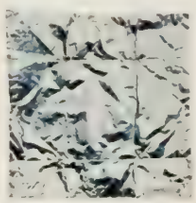
10 reasons why is the best wrap



It saves money because it does everything.

You can cook with it, line pans and casseroles with it. It's a sandwich wrap, a leftover wrap. And nothing shapes and seals better than Heavy Duty Reynolds Wrap for freezing. It does everything plastic wraps do—and more. And, all you buy is one quality wrap, instead of many cheaper quality wraps.

You can reuse Reynolds Wrap.



Plastic wraps are not made to be reused. Strong, tear-resistant Reynolds Wrap can be used over and over again.

Reynolds Wrap doesn't "breathe", and that's good.

Most plastic store wraps "breathe", which means air can seep through. And air is just what you don't want for meat, poultry and fish stored in the refrigerator or freezer. Reynolds Wrap protects food. Seals in moisture, seals out refrigerator odors. So be sure to re-wrap the food you bring home from the store in Reynolds Wrap to keep it fresher longer.

Reynolds Wrap. The best seller because of quality and value.



Reynolds Wrap has been the leading seller over all other foils and plastics for more than 25 years. Maybe it's because women know they get consistent high quality, roll after roll. Plus value. For example, when you buy the 200-ft. giant size regular Reynolds Wrap, you get 8 rolls of 25-ft. for about the price of 6. It's like getting 2 rolls free. And Reynolds Wrap is *unconditionally guaranteed.* You always get your money's worth with every box you buy.

Reynolds Wrap "Meal-in-a-Bundle" idea. Saves money and time.

Here's a way to use lower-cost cuts of meat and make them taste delicious. You cook a complete main dish —meat, vegetables, sauce and seasonings—in an easily made "bundle" of Heavy Duty Reynolds Wrap. Foods cook deliciously in Reynolds Wrap because it not only seals in the flavor and juices, but also stays strong in the highest heat in your oven.

GROUND BEEF STUFFED ONION WITH BROCCOLI

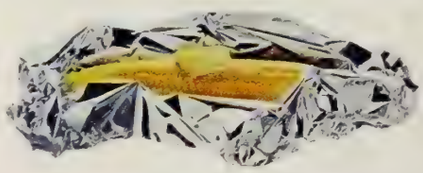
Heavy Duty Reynolds Wrap
6 large Bermuda onions
1 lb. ground chuck
2 tsp. salt
4 oz. stuffing mi
1 cup milk
3 (10 oz.) pack broccoli spea
1 (12 oz.) pack frozen chees rarebit

Cut 2 large squares of foil. Slice from onions, scoop out center lea ½ in. shell. Boil onion shells 20 until tender, but firm. Drain. Chop some of removed onion pulp to ½ cup. Mix with chuck, salt, stuffing and milk until



well blended. Stuff onions with mixture. Place 3 stuffed onions on each square o foil. Surround with broccoli spea each with a few cubes of frozen r Bring 4 corners of foil up and ove crimp edges to form a bundle. B cookie sheet in preheated 400° F for 30 to 35 min. Each bundle se







It keeps hot things hot, cold things cold.

Because it's aluminum, Reynolds Wrap helps maintain the tempe of food wrapped in it or covered with it. It's best for outdoor use b picnic sandwiches, salads, and cold cuts keep cooler longer so fresh and crisp.

Reynolds Wrap®
round.

FAMILY FOOD IDEAS

best for freezing.

pay too much for food to risk
ng it in any wrap but the best.
e Heavy Duty Reynolds Wrap.
the strength and flexibility to
shape and seal as airtight as
le, so whatever you freeze stays
ted against dry freezer air.





You can Double-Batch with Reynolds Wrap.

(You can't with most plastics.) Just double your favorite recipe. Serve one batch, freeze the second in Heavy Duty Reynolds Wrap. And you have a frozen dinner ready anytime you need it—right from your freezer to the oven. You save money double-batching because you can take advantage of meat and poultry specials.



GOLDEN CHICKEN AND RICE

Makes 2-9x13x2 in. casseroles.

½ cup oil
2 (3 lb.) chickens, cut up
Salt and pepper
2 lrg. onions, chopped
2 cloves garlic, chopped
4 (6 oz.) packages saffron rice mix
4 (10 oz.) packages frozen mixed vegetables
6 cups water
Heavy Duty Reynolds Wrap

Brown chicken pieces in oil in large skillet. Season. Remove chicken when brown and set aside. Add onions, garlic to drippings and saute until golden. Stir in rice and mixed vegetables, heat for 5 min. Stir in water. Line 2 (13"x9") baking pans with Heavy Duty Reynolds Wrap. Spoon half of rice mixture into each pan. Top with chicken pieces. Bake one casserole in 350° F. oven, uncovered for 40 to 45 min. Freeze second casserole. When it is hard, remove from pan and overwrap with foil. When ready to use, remove overwrapping and replace in pan. Bake for 1 hour, 15 min.

olds Wrap gives you
er-to-oven cooking.

you freeze a roast in Heavy
Reynolds Wrap, you don't
thaw it before cooking. That
n go right from the freezer
e oven in the same Heavy
eynolds Wrap you froze it in.
foil around meat so heat can
e.

	Oven Temp.	Approx. cooking time per lb.
Beef Roast	400° F	Rare: 40-45 min. Med.: 46-52 min. Well Done: 54-60 min.
Chicken	450° F	Approx. cooking time
	3½ to 4 lbs.	2 hrs., 20 min.
	4½ to 5 lbs.	2 hrs., 50 min.
	5½ to 6 lbs.	3 hrs., 45 min.
Fish	450° F	
	12 oz. filets	40 min.
	2 to 2½ lb. whole fish or fish steak	55 min.
	3 lb. whole baking fish	1 hr., 15 min.



Nobody can make aluminum foil like Reynolds Wrap. It's patented.

We make a strong foil with a great resistance to tearing. And Reynolds Wrap is oven-tempered for flexible strength. That's why it's easy to work with. You can wrap it and seal it tightly to keep air out, so the food you wrap stays fresh longer.

Reynolds Wrap HEAVY DUTY Aluminum Foil

37½ SQ FT

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(each strip will have selvage on both ends).
2. Fold the cut strips in half lengthwise (wrong side out) and machine stitch ¼ inch from cut edge to form fabric tube. Turn tube right side out.
3. Join all the strips of each color by inserting the end of one tube into opening of another. Machine stitch together (there should be no raw edges so place mat can be machine washed and dried without raveling).
4. Stitch one end of each of the three strips together. With a T-pin, anchor the stitched end of strips to an upholstered chair and braid. Pin end of finished braid together temporarily.
5. To make an oval place mat, fold over braided strip 3½ inches from end. Slip-stitch adjacent sections of braid together, then continue wrapping braid around center section using slip stitch.
6. For a round place mat, wrap braided strip into a tight circle and slip-stitch remainder of braid around it.
7. When mat reaches desired size, cut braid off, tuck in raw edges to back side, and stitch securely.

Twine candle holders, page 79

All you'll need to make our candle holders is a variety of canned goods and natural color postal twine.
1. Don't remove either the contents or paper from your cans. The contents are needed for weight and glue adheres better to the paper label.
2. Starting at either end of can, apply white glue to rolled edge of metal. Apply twine and hold in place until tacky. Continue wrapping twine around can until you've reached the other end. Apply twine with glue all around rolled edge of can.
3. Glue several rows of twine on top of the can to cover any metal that might show around edges of candle.
4. You may want to add braid or wrap some areas twice to give candle holder dimension.

Twine napkin rings, page 79

1. Cut cardboard tube (such as used for paper towels, waxed paper, or aluminum foil) into 1¼-inch sections.
2. For each section, cut four yards of natural color postal twine.
3. Apply a drop of white glue to inside of ring and attach end of twine. Hold until tacky or allow to dry before you begin winding twine. Wind the twine around the cardboard tube section, keeping strands pushed tightly together. When tube surface is covered, cut off excess twine and glue remaining end inside the ring.

For too-good-to-be-leftovers.

Leftover meat tastes great in potato salad Just heat and serve



Turkey makes a delicious comeback.



CALICO CREAMED TURKEY

1/4 cup flour
1/2 cup BEST FOODS Real Mayonnaise
1 1/2 cups chicken bouillon
2 cups cooked chicken or turkey
1/2 cup cooked peas
1/4 cup diced pimient
1 can (3 oz) sliced mushrooms
Salt
Pepper

Stir flour into Real Mayonnaise. Gradually stir in boui Cook over low heat, stirring constantly, 5 minutes or thickened. Stir in chicken, peas, pimiento, and mushroo Add salt and pepper to taste. Serve over corn bread or t squares if desired. Serves 4.



French toast with ham or turkey sandwiched inside and creamy sauce all over.

HOT CORNED BEEF POTATO SALAD

1/2 to 1 cup cubed cooked corned beef
1 1/4 cups julienne carrots
3/4 cup BEST FOODS Real Mayonnaise
1/4 cup cider vinegar
2 tablespoons horseradish
1/4 teaspoon black pepper
1/3 cup sliced green onion
4 to 5 cups cooked cubed hot potatoes

Heat first 7 ingredients in large skillet. Stir in potatoes. Serves 4 to 6.
Note: To substitute leftover meat loaf or hot dogs for corned beef, omit vinegar and reduce horseradish to 1 tablespoon. Or if you have leftover potato salad, just add ham and heat.

MONTE CRISTO AU GRATIN

6 slices bread
9 to 12 slices turkey or ham or a combination of both
3 eggs, slightly beaten
3 tablespoons water
2 tablespoons corn oil
1 1/2 cups shredded Swiss chees
1/2 cup milk
1/2 cup BEST FOOD Real Mayonn
1/8 teaspoon garli
1/8 teaspoon nutm

Make sandwiches with turkey or ham. Beat eggs with Dip sandwiches in egg mixture. Fry both sides in c until golden. Place in baking dish. Mix remaining ingr in small saucepan. Heat, stirring constantly, until thickens and cheese melts. Pour over toast and broi minutes, 6 inches from heat until bubbly. Serves 3.

Best Foods, a Division of CPC International Inc cpc

art fresh with Real Mayonnaise.

ank goodness for Best Foods.®

ly sauces, luscious salads, family-pleasing sand-es...Best Foods makes it easy to make leftovers whole new meal. No other mayonnaise freshens up rers better than creamy-smooth Best Foods It's the fresh Real Mayonnaise. These days, more than thank *goodness* for Best Foods



Leftover ham dressed up with cheese sauce.

HAM AND BROCCOLI ROLL-UPS

unch fresh broccoli or 1 package (10 oz) frozen broccoli spears, cooked and drained
hin slices cooked ham
cup BEST FOODS Real Mayonnaise
ablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper
1 1/2 cups milk
1/3 cup grated Parmesan or Cheddar cheese
Fine dry bread crumbs

n around broccoli spears. Place rolls in shallow casserole. In small n, stir together Real Mayonnaise, flour, salt and pepper. Gradually stir Cook over low heat, stirring constantly, until thickened. Add cheese, until blended. Pour sauce over rolls. Sprinkle with bread crumbs. Broil from source of heat 2 minutes or until bubbly. Serves 5.



A refreshing way to use up extra bits of fruit.

FRUIT SLAW

1/3 cup BEST FOODS Real Mayonnaise
1 tablespoon fruit juice
1/8 teaspoon ginger
1 quart finely shredded cabbage
1/2 to 3/4 cup fresh or canned fruit: pineapple, orange, fruit cocktail or any combination
1/4 to 1/2 cup sliced fresh strawberries

Combine Real Mayonnaise, fruit juice and ginger. Chill. Just before serving, toss cabbage and fruit with mixture until evenly coated. Serves 6.



SPECIAL COOKBOOK OFFER!

This 144-page cookbook gives recipes for all sorts of leftovers, helpful hints, plus full-color photographs. To order, send 75¢ with one Best Foods label from the quart jar (or $1.00 without label) to LEFTOVERS COOKBOOK, BOX 307, COVENTRY, CONN. 06238.

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Wheat germ, the world's most nutritious natural cereal.

FAMILY FOOD IDEAS

begins on page 88

Vegetables

SALSA

Buy the extra large tortilla chips at your favorite Mexican restaurant—

4 medium tomatoes, peeled and finely chopped
½ cup finely chopped onion
½ cup finely chopped celery
¼ cup finely chopped green pepper
¼ cup olive oil or salad oil
2 to 3 tablespoons drained, canned, finely chopped green chilies
2 tablespoons red wine vinegar
1 teaspoon mustard seed
1 teaspoon coriander seed, crushed
1 teaspoon salt
Dash pepper

Combine tomatoes, onion, celery, green pepper, oil, chilies, vinegar, mustard seed, coriander, salt, and pepper. Cover. Chill several hours or overnight; stir occasionally. Serve with corn or tortilla chips.

TOMATOES ROSÉ

A salad dressing mix provides a quick beginning—

4 large tomatoes, peeled
¼ cup finely chopped celery
¼ cup finely sliced green onion
1 envelope Italian salad dressing mix
3 tablespoons wine vinegar
⅓ cup salad oil
½ cup rosé wine
Lettuce leaves

Thinly slice tomatoes; place in shallow dish or deep bowl. Combine remaining ingredients; pour over tomatoes. Cover; chill several hours. Lift tomatoes from marinade. Serve slices of tomato on lettuce leaves. Spoon some of the dressing over; pass remaining. Garnish with celery leaves, if desired. Makes 6 servings.

CUCUMBER TUNA BOATS

Make ahead and store in refrigerator till ready to serve—

3 small cucumbers
1 6½- or 7-ounce can tuna, chilled, drained, and flaked
¾ cup (3 ounces) shredded process American cheese
½ cup finely chopped celery
2 hard-cooked eggs, chopped
⅓ cup mayonnaise or salad dressing
2 tablespoons sweet pickle relish
1 tablespoon minced onion
1 teaspoon lemon juice
Paprika

Cut cucumbers in half lengthwise and scrape out seeds. Cut a small slice from bottom so cucumbers will not rock; salt cavities. Combine tuna, cheese, celery, hard-cooked eggs, mayonnaise, pickle relish, minced onion, and lemon juice. Fill cucumber shells with tuna mixture. Chill. To serve, sprinkle with paprika. Makes 6 servings.

SESAME LETTUCE SALAD

Toasted sesame seed adds nutty goodness to fresh vegetables—

2 tablespoons sesame seed
½ cup mayonnaise or salad dressing
½ cup French salad dressing
2 tablespoons grated parmesan cheese
1 tablespoon sugar
1 tablespoon vinegar
½ teaspoon salt
1 small head lettuce, torn up
½ cup chopped green pepper
2 green onions, sliced
1 11-ounce can mandarin orange sections, drained
½ medium cucumber, sliced

In skillet toast sesame seed till lightly browned; set aside. Combine mayonnaise, French dressing, cheese, sugar, vinegar, and salt; add sesame seed. Combine lettuce, green pepper, and onions. Arrange lettuce mixture, orange sections, and cucumber in salad bowl. Pour salad dressing atop. Toss lightly to serve. Makes 4 to 6 servings.

PICKLED ONION RINGS

Especially tasty with grilled hamburgers—

1 cup water
1 cup white vinegar
¼ cup sugar
6 inches stick cinnamon, broken in pieces
½ teaspoon salt
½ teaspoon whole cloves
1 small sweet onion, thinly sliced and separated into rings
1 small red onion, thinly sliced and separated into rings

In saucepan, combine water, vinegar, sugar, cinnamon, salt, and cloves. Simmer covered, 10 minutes. Strain. Pour hot mixture over onions. Cover. Chill at least 4 hours; turn onion rings occasionally. Drain. Makes about 4 cups.

PICKLED CARROTS

Save the liquid to store with any leftover carrots—

6 medium carrots
¾ cup sugar

continued

Today your husband turned 39, again.
And he doesn't feel much like celebrating.
Tonight, you've got to tell him how much handsomer he is now than when you married him.

It's a good day for Stouffer's.



Chicken Divan. One of 35 Stouffer's Frozen Prepared Foods.

Stouffer's

FAMILY FOOD IDEAS

continued

Vegetables

¾ cup vinegar
¾ cup water
1 tablespoon mustard seed
2½ inches stick cinnamon, broken in pieces
3 whole cloves

Scrape carrots and cut in 3-inch lengths. Simmer in small amount of boiling water 5 minutes. Drain; cut in thin sticks. Combine sugar, vinegar, water, and mustard seed. Tie stick cinnamon and whole cloves in cheesecloth bag. Add to sugar-water mixture. Simmer 10 minutes. Pour over carrots; cool. Cover; refrigerate 8 hours or overnight. Remove cheesecloth bag and drain before serving. Makes 2 cups.

BROCCOLI-TOMATO SALAD

Cook and chill the broccoli stalks to add to your next tossed salad—

1 bunch broccoli (½ pound)
1 cup dairy sour cream
¼ cup milk
½ teaspoon curry powder
¼ teaspoon dry mustard
¼ teaspoon seasoned salt
Dash pepper
3 medium tomatoes, cut in wedges
Lettuce

Wash broccoli thoroughly. Remove flowerets; use stalks another time. Cook flowerets in boiling salted water 3 to 4 minutes; drain well. Cool. Combine sour cream, milk, curry, dry mustard, seasoned salt, and pepper. Pour over broccoli; stir to coat. Chill 2 to 3 hours to marinate. Arrange broccoli and tomato wedges on bed of lettuce. Makes 5 or 6 servings.

HERBED TOMATOES

Dipping the tomatoes briefly in boiling water makes them easier to peel—

6 tomatoes
⅔ cup salad oil
¼ cup vinegar
¼ cup snipped parsley
¼ cup sliced green onions
2 teaspoons fresh marjoram leaves, snipped *or* ½ teaspoon dried marjoram, crushed
1 teaspoon salt
¼ teaspoon pepper
Lettuce

Dip each tomato in boiling water for a few seconds; peel. Place tomatoes in a deep bowl. In a screw-top jar, combine salad oil, vinegar, snipped parsley, sliced green onions, marjoram, salt, and pepper. Shake well. Pour over peeled tomatoes. Cover and chill several hours or overnight. Spoon dressing over tomatoes occasionally. At serving time, spoon herb dressing over tomatoes again. Transfer tomatoes to lettuce-lined serving platter. Makes 6 servings.

BROADWAY BEET SALAD

Tuna is an unexpected addition to a beet salad—

1½ pounds fresh beets
1 small clove garlic, halved
6 cups leaf lettuce
¼ cup sliced green onion
1 6½- or 7-ounce can tuna, chilled and well drained
½ cup sliced celery
2 hard-cooked eggs, chopped
½ cup mayonnaise or salad dressing
½ teaspoon salt
Dash pepper

Cut off all but 1 inch of stem and roots of fresh beets; do not pare. Cook, covered, in boiling salted water about 35 minutes or till tender. Drain, pare, and slice. Chill. Just before serving, rub the salad bowl with halved garlic. Combine lettuce and onion in salad bowl. Arrange beets, tuna, celery, and hard-cooked eggs atop. Combine the mayonnaise, the salt, and pepper. To serve, toss gently with salad ingredients. Garnish with additional sliced green onions, if desired. Makes 6 to 8 servings.

MARINATED ZUCCHINI WITH TOMATOES

1 pound zucchini, thinly sliced (2 cups)
½ cup cream-style cottage cheese with chives
¼ cup dairy sour cream
1 tablespoon lemon juice
½ teaspoon garlic salt
¼ cup chopped green pepper
2 medium tomatoes, sliced
Endive

Cook zucchini in boiling water till tender-crisp, about 2 to 3 minutes. Drain well. Combine cottage cheese, sour cream, lemon juice, and garlic salt. Add zucchini and green pepper; toss to coat. Chill. Serve on tomato slices. Garnish with endive, if desired. Makes 4 or 5 servings.

VEGETABLE BURGER CUPS

Chilling the meat "shells" helps them retain their shape—

1 beaten egg
⅓ cup milk
⅓ cup coarsely crushed saltine crackers (about 9 crackers)
½ envelope (2 tablespoons) sloppy joe seasoning mix
¼ teaspoon salt
1½ pounds lean ground beef
1 pound fresh peas in pod

Look for the Armour Star outside. You'll find Armour quality inside.

This is the fully cooked, boneless canned ham you can rely on from the outside in. It's ready to eat or ready to heat. You can't see what's inside before you buy, but you'll always find quality, flavor, tenderness, and value behind the Armour Star. And you'll find Star quality in every one of our 1½, 3, 5 and 8 pound hams.

To help you prepare them we'll send you free a recipe booklet we call "The Magic Can." Write "The Magic Can," Armour and Company, P.O. Box 4354, Dept. B, Chicago, Illinois 60680.





FAMILY FOOD IDEAS...

OLD-FASHIONED CHERRY SAUCE

1 16-oz. can pitted sour cherries
1 tablespoon cornstarch
¼ cup sugar

Drain cherries reserving syrup. Combine cornstarch and sugar in saucepan; gradually add syrup. Cook, stirring constantly until thickened; add cherries. Continue cooking until cherries are heated. Serve sauce over baked Armour Star Ham.

(1 cup shelled peas)
3 medium carrots, pared and thinly sliced
1 medium onion, chopped (½ cup)
1 beef bouillon cube
Dash pepper
1 cup water
2 tablespoons all-purpose flour
¼ cup water
2 tablespoons butter or margarine
½ cup (2 ounces) shredded process American cheese

Combine the egg, milk, crumbs, seasoning mix; and salt. Add beef; mix well. On 6 squares waxed paper, shape meat into six 5-inch patties. Shape each over an inverted 6-ounce custard cup; peel off paper. Chill shells in refrigerator on shallow baking pan. Bake in 375° oven 20 minutes. Meanwhile, shell the peas (you should have about 1 cup). Combine peas, carrots, onion, bouillon cube, pepper, and the 1 cup water; cook, covered, 10 to 12 minutes. Combine flour and the ¼ cup water. Add to vegetable mixture. Cook and stir till thickened and bubbly. Add butter or margarine and cheese. Heat and stir till cheese melts. Carefully remove meat from custard cups. Arrange on serving platter; spoon vegetables into meat cups. Garnish with onion rings, if desired. Makes 6 servings.



HERBED POTATOES

Dill is delicious with new potatoes—

1½ pounds new potatoes
4 tablespoons butter or margarine, melted
1 tablespoon lemon juice
3 tablespoons snipped parsley
1 tablespoon chopped chives
2 heads fresh dill, snipped
Dash salt
Dash pepper

Scrub potatoes with a coarse brush. Pare strip around center of each potato. Cook potatoes in boiling, salted water for 25 minutes; drain and return to pan. Combine butter or margarine, lemon juice, and herbs; stir into potatoes to coat thoroughly. Transfer to serving bowl. Makes 6 servings.

CHEDDAR SQUASH BAKE

Next time, try using 6 cups of thinly sliced zucchini—

2 pounds yellow crookneck summer squash
2 slightly beaten egg yolks
1 cup dairy sour cream
2 tablespoons all-purpose flour
2 stiff-beaten egg whites
1½ cups (6 ounces) shredded natural cheddar cheese
4 slices bacon, crisp-cooked, drained, and crumbled
⅓ cup fine dry bread crumbs
1 tablespoon butter or margarine, melted

Scrub squash and trim off ends; do not peel. Cook whole, covered, in boiling salted water for 15 to 20 minutes or till just tender. Drain thoroughly. Cut into thin slices; sprinkle with salt (you should have about 6 cups). Reserve a few slices squash for garnish. Mix together egg yolks, sour cream, and flour. Fold in egg whites. Layer half the squash, egg mixture, and cheese in 12x7½x2-inch baking dish; sprinkle bacon over. Repeat layers. Combine crumbs and butter or margarine; sprinkle around edge. Arrange reserved squash atop. Bake in 350° oven for 20 to 25 minutes. Garnish with bacon curls and parsley sprig, if desired. Makes 8 to 10 servings.

SUNSHINE CARROTS

Coated with a ginger-spiced orange sauce—

7 or 8 medium carrots
1 tablespoon sugar
1 teaspoon cornstarch
¼ teaspoon salt
¼ teaspoon ground ginger
¼ cup orange juice



continued



INTRODUCING CREAMY RICE 'N TUNA.

A TUNA DINNER A MAN CAN ACTUALLY TAKE SERIOUSLY.

If you've got one of those husbands who doesn't think dinner is really dinner unless it's got big chunks in it, just try the following:

One pan, one package of new Creamy Rice'n Tuna Main Dish Mix and one or two cans of tuna.

It's delicious. But there's nothing dainty about it.

Just right when you're hungry for something different and your family is just plain hungry.



continued

Vegetables

2 tablespoons butter or margarine

Bias-slice carrots crosswise about ½ inch thick. Cook, covered, in boiling salted water till just tender, 15 to 20 minutes; drain. Meanwhile, combine sugar, cornstarch, salt, and ginger in small saucepan. Add orange juice; cook, stirring constantly, till mixture thickens and bubbles. Boil 1 minute. Stir in butter or margarine. Pour over hot carrots, tossing to coat evenly. Garnish with parsley, if desired. Makes 6 servings.

JACKSTRAW EGGPLANT

Try serving this as a snack—

1 medium eggplant (1 pound)
1 cup all-purpose flour
1 cup ice water
1 slightly beaten egg
2 tablespoons cooking oil
½ teaspoon sugar
½ teaspoon salt
Grated parmesan cheese



Cut eggplant in half lengthwise; pare. Slice ½ inch thick. Cut slices in ½-inch strips. Just before serving, beat together flour, water, egg, oil, sugar, and salt. Dip eggplant in batter. Allow excess batter to drain off. Fry, a few at a time, in deep, hot fat (365°) for 4 to 5 minutes. Drain on paper toweling. Sprinkle with additional salt. Serve hot with parmesan cheese.

SCALLOPED ZUCCHINI

A moist vegetable dish with a close-to-custard texture—

6 medium zucchini (2 pounds)
¼ pound bulk pork sausage
¼ cup chopped onion
½ cup finely crushed saltine crackers (14 crackers)
½ cup grated parmesan cheese
2 slightly beaten eggs
1 teaspoon salt
½ teaspoon monosodium glutamate
⅛ teaspoon dried thyme, crushed
Dash garlic salt
Dash pepper

Scrub squash and trim off ends; do not pare. Cook whole squash, covered, in boiling salted water for 15 minutes or till just tender. Drain thoroughly, reserving ½ cup liquid; chop zucchini coarsely (you should have about 5 cups). In 10-inch skillet, cook sausage and onion together over medium heat till sausage is browned and onion is tender; drain. Add squash, reserved liquid, and remaining ingredients *except* 2 tablespoons of the cheese. Mix well. Turn into ungreased 1½-quart casserole; sprinkle with the reserved cheese. Bake in 350° oven 40 to 45 minutes or till set and delicately browned. Makes 8 servings.

VEGETABLE POTPOURRI

Cumin accents the fresh vegetable flavors—

2 strips bacon, cut in small pieces
¾ cup chopped onion
3 medium ears fresh corn or one 10-ounce package frozen whole kernel corn
4 medium zucchini, sliced (1½ pounds)
1½ teaspoons ground cumin
½ teaspoon salt
⅛ teaspoon garlic powder
3 medium tomatoes, peeled and cut in wedges
½ cup (2 ounces) shredded process American cheese

In large skillet, cook bacon till crisp. Add onion and cook till tender but not brown. Remove



the husks and silks from ears of corn; rinse. Cut off tips of ker-

continued





FAMILY FOOD IDEAS

continued

Vegetables

nels holding knife at angle. Scrape cobs with dull edge of knife. Add corn cut and scraped from cob, squash, cumin, salt, and garlic powder to skillet. Cook, covered, for 15 to 20 minutes or till squash is tender. Add tomatoes; heat through. Turn into serving dish; sprinkle with cheese. Makes 8 servings.

TWO-BEAN FRITTERS

Serve with warm maple syrup and butter—

1 cup ½-inch-pieces fresh green beans
1 cup ½-inch-pieces fresh wax beans
1½ cups all-purpose flour
3 teaspoons baking powder
¾ teaspoon salt
1 beaten egg
1 cup milk

Cook green and wax beans, covered, in small amount of boiling salted water till tender, about 20 minutes; drain thoroughly. Stir together flour, baking powder, and salt. Combine egg, milk, and beans. Add to dry ingredients. Mix just till moistened. Drop batter by tablespoonfuls into deep hot fat (375°). Fry till golden brown, about 3 to 4 minutes. Drain on paper toweling. Makes about 24 vegetable fritters.

CORN AND CABBAGE SKILLET

3 ears fresh corn or 1 10-ounce package frozen whole kernel corn
2 cups shredded cabbage
2 tablespoons chopped onion
2 tablespoons butter or margarine
½ cup cream-style cottage cheese
¼ cup dairy sour cream
2 tablespoons grated parmesan cheese
⅛ teaspoon salt
⅛ teaspoon pepper

Remove the husks and silks from ears of corn; rinse. Cut off tips of kernels holding knife at angle. Scrape cobs with dull edge of knife. Cook cut and scraped corn, covered, in small amount of boiling salted water till corn is done, 5 to 8 minutes. (Or prepare frozen corn according to package directions). Drain. Cook cabbage, covered, in boiling salted water till tender, about 7 minutes; drain. In saucepan, cook onion in butter or margarine till tender. Stir in cottage cheese, sour cream, parmesan, salt, and pepper; cook and stir till cottage cheese begins to melt. Combine half the cottage cheese mixture with the corn and the remaining with the cabbage. Arrange cabbage around outside of skillet; fill center with corn. Heat through. Garnish with green pepper and carrot curl. Makes 5 or 6 servings.

CHINESE SPINACH

1 pound fresh spinach
2 tablespoons salad oil
2 tablespoons soy sauce
½ teaspoon sugar
2 tablespoons finely chopped onion
1 5-ounce can water chestnuts

Wash and pat spinach leaves dry. Remove stems and cut into 1-inch pieces. Tear spinach leaves into bite-size pieces. In large saucepan, simmer spinach with a small amount of water for 3 minutes; drain thoroughly. Heat oil, soy, and sugar in skillet; add spinach and onion. Cook and toss till spinach is well-coated, 2 to 3 minutes. Stir in water chestnuts. Makes 4 servings.

BAKED TOMATOES WITH FRENCH DRESSING

6 medium tomatoes
1 tablespoon sugar
1½ teaspoons instant minced onion
¼ teaspoon salt
¼ teaspoon dry mustard
¼ cup salad oil
4 teaspoons vinegar
¼ teaspoon worcestershire sauce
½ cup medium crushed crackers (about 14 crackers)
1 tablespoon butter or margarine, melted

Cut thin slice from top of each tomato. Hollow tomatoes out slightly. Combine sugar, onion, salt, mustard, oil, vinegar, and worcestershire. Spoon some of the mixture into center of each tomato. Combine cracker crumbs and butter or margarine; sprinkle over top of tomatoes. Place in shallow baking dish. Bake in 350° oven for 25 to 30 minutes or till tomatoes are done. Garnish with snipped parsley, if desired. Makes 6 servings.

TURNIP PUFF

1 pound turnips (4 medium)

continued

Tonight, enjoy a good family western.

Starring Chicken Rice-A-Roni® and California Avocado



Taste how the West was won. With this savory rice mix boasting real chicken flavor topped with a delicate, nutlike avocado sauce. Chicken Rice-A-Roni is stove-top quick so you're not on the range all day. The California Avocado will open new frontiers for your appetite. Together they're wholesome family enjoyment. And you end up the hero.



Chicken Rice-A-Roni in Avocado Shell

Chicken Rice-A-Roni: One 8 oz. pkg. Chicken Flavored Rice-A-Roni. 1-1/2 cups cooked diced chicken meat. Prepare Chicken Rice-A-Roni as directed on package, adding chicken with packaged seasoning provided.

Avocado Sauce: 2 ripe California Avocados. 3/4 tsp. salt. 3/4 tsp. seasoned salt. 1/4 tsp. Tabasco sauce. 3 tbsp. lemon juice. 1/2 cup water. Scoop out avocados. Save the shells. Puree avocado meat with other ingredients. Stuff shells with Rice-A-Roni and top with avocado sauce.

Serves 4

FAMILY FOOD IDEAS

LOVE FOOD FROM CALIFORNIA

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RICE-A-RONI "The San Francisco Treat"



ZESTY CORN-CRISPED CHICKEN

Make it the quick 'n easy Dip, Roll, Bake way using Kellogg's Corn Flake Crumbs and Kikkoman Soy Sauce.



Have ready—3-lb. frying chicken, cut up. Wash chicken pieces and dry thoroughly.

DIP chicken pieces in mixture of 1 egg beaten with ¼ cup KIKKOMAN® SOY SAUCE.

ROLL dipped chicken in 1½ cups KELLOGG'S® CORN FLAKE CRUMBS. Place in a single layer, skin side up, in well-greased or foil-lined shallow baking pan; do not crowd.

BAKE in moderate oven (350°F.) about one hour, or until tender. No need to cover pan or turn chicken while baking. Serve with additional Soy Sauce, if desired.

YIELD: 6 servings Zesty Corn-Crisped Chicken



continued

Vegetables

2 tablespoons butter or margarine
2 slightly beaten eggs
¾ cup soft bread crumbs (1 slice bread)
1 tablespoon finely chopped onion
1 tablespoon snipped parsley
1 tablespoon sugar
1 teaspoon salt
1 teaspoon lemon juice

Pare and cube turnips (you should have about 3 cups). Cook, covered, in small amount of boiling salted water till tender, about 20 minutes. Drain. Add butter or margarine and mash. In bowl, combine eggs, bread crumbs, onion, parsley, sugar, salt, and lemon juice. Add mashed turnips; mix well. Turn into ungreased 3-cup casserole. Bake in 375° oven for 25 to 30 minutes or till set. Garnish with a sprig of parsley, if desired. Makes 4 servings.

EPICUREAN GREEN BEANS

1 pound fresh green beans, cut in 1-inch pieces (2 cups)
1 cup fresh mushrooms, sliced
1 tablespoon chopped onion
2 tablespoons butter or margarine
3 tablespoons all-purpose flour
½ teaspoon salt
¼ teaspoon dried thyme, crushed
Dash pepper
2 cups milk
4 slices bacon, crisp-cooked, drained, and crumbled
1 10-ounce package frozen patty shells (6 shells), baked

Cook beans, covered, in small amount of boiling, salted water till tender, about 15 minutes. In 2-quart saucepan, cook mushrooms and onion in butter or margarine till tender. Blend in flour, salt, thyme, and pepper. Add milk all at once. Cook, stirring constantly till mixture thickens and bubbles. Stir in beans; heat through. Add bacon. Spoon hot mixture into prepared patty shells. If desired, garnish with additional crumbled bacon. Makes 6 servings.

MINTED NEW PEAS

For peak flavor, pick peas just before preparation—

2 pounds fresh peas in pods (2 cups shelled peas)
½ cup chopped green onion
3 tablespoons butter or margarine
2 tablespoons water
1 tablespoon fresh mint leaves, finely chopped
1 teaspoon sugar
1 teaspoon lemon juice
¼ teaspoon dried rosemary, crushed
¼ teaspoon salt

Shell peas (you should have abou 2 cups). Cook onion in butter o margarine till tender. Add peas water, mint, sugar, lemon juice rosemary, and salt. Cover an cook till peas are just tender about 8 minutes; add a little mor water, if necessary. Garnish wit lemon twist and mint leaves, i desired. Makes 4 servings.

GLAZED ONIONS

Serve these to make a plain pot roast company special—

2 pounds boiling onions (20 to 24 onions)
4 tablespoons butter or margarine
2 tablespoons sugar
2 tablespoons chopped pimiento

Peel onions; cook in boiling salte water 15 to 20 minutes or ti tender. Drain onions well, r serving ¾ cup liquid. In 10-inc skillet, combine butter or ma garine, sugar, and reserved liqui Cook and stir till blended; ad onions. Cook, uncovered, ov low heat till mixture glazes o ions, about 25 to 30 minutes; st occasionally. Garnish with p miento. Makes 6 to 8 servings.

CUCUMBER RING SUPREME

Gelatin is almost firm when it feels sticky to the touch—

1 3-ounce package lemon-flavored gelatin
1 cup boiling water
¾ cup water
3 tablespoons lemon juice
1 cucumber, thinly sliced
1 envelope unflavored gelatin
2 tablespoons sugar
¾ teaspoon salt
¾ cup water
2 tablespoons lemon juice
1 8-ounce package cream chees cubed and softened
4 cucumbers
1 cup mayonnaise or salad dressing
3 tablespoons finely chopped onion
¼ cup snipped parsley



Dissolve lemon-flavored gel in boiling water; add the first cup water and 3 tablespo

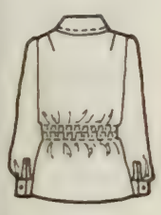
continued on page 128

tern
ck views

aw the front views of this
le wardrobe-maker on
4. The pattern is available
s 6, 8, and 10. To order the
, see page 94.

ATTERN NO. 01281











Hop to it for Easter.



FAMILY FOOD IDEAS

Easy candy from Betty Crocker frosting mix.

Betty Crocker

2 tablespoons butter or margarine
¼ cup milk (plus 2 teaspoons if making with chocolate fudge frosting mix)
1 package Betty Crocker® creamy frosting mix (creamy white, creamy cherry, butter pecan, Sunkist* lemon or Sunkist* orange)

Heat butter in milk over low heat until butter melts and mixture *just* begins to simmer. Remove from heat; stir in frosting mix (dry). Heat over low heat, stirring constantly with rubber scraper, until smooth and glossy, 1 to 2 minutes. *Do not overcook. Makes 1 pound.*

CITRUS RIBBON CANDY—Line square pan, 8x8x2 inches, with aluminum foil, leaving 1 inch of foil at opposite sides. Prepare candy from orange frosting mix; spread evenly in pan. Repeat with lemon frosting mix; spread evenly over orange layer. Refrigerate until firm. Lift candy out; cut into 1-inch squares.

EASTER EGGS AND SQUARES—Line loaf pan, 9x5x3 inches, as for Ribbon Candy. Prepare candy from cherry or lemon frosting mix; spread evenly in pan. Place plastic wrap or waxed paper directly on candy. Refrigerate until firm. Lift candy out; cut into 32 squares. Roll candy in matching colored sugar or shape squares into egg shapes and roll in sugar.

NUT ROLL—Line loaf pan, 9x5x3 inches, as for Ribbon Candy. Prepare candy from white or butter pecan frosting mix; spread evenly in pan. Place plastic wrap or waxed paper directly on candy. Refrigerate until firm. Lift candy out; cut lengthwise in half. Roll each half into a log about 8 inches long; roll each log in ½ cup chopped nuts. Slice.

Note: If using golden caramel frosting mix, reduce milk to 3 tablespoons.

*Reg. T.M. of General Mills, Inc.
*T.M. of Sunkist Growers, Inc.

Parade a fancy batch of homemade candy in front of your family. But don't bother to start from scratch. With Betty Crocker® creamy frosting mix and this easy recipe, you've got homemade candy made in minutes. Wouldn't every little bunny you know love it?

And Betty Crocker frosting mix as frosting? Perfectly luscious every time.

it makes great frosting, too!

Slender

Slender is for taking it off and keeping it off

It can help you peel off pounds fast. Or, it can help you hold onto the good figure you already have. Mixed with the substantial nutrition of milk or chilled from the can, Slender is just 225 calories. And it *works*. So ask your doctor, and get Slender.



continued from page 126

Vegetables

lemon juice. Pour into a deep 6½-cup ring mold. Chill till partially set. Arrange overlapping slices of cucumber in bottom. Press into gelatin. Chill till almost firm.

Meanwhile, mix the 1 envelope unflavored gelatin, sugar, and salt in saucepan. Add the second ¾ cup water; stir over low heat till gelatin and sugar are dissolved. Stir in the 2 tablespoons lemon juice. Gradually beat hot gelatin mixture into softened cream cheese with rotary beater till mixture is smooth.

Pare and halve cucumbers lengthwise, remove seeds. Grind or shred cucumbers and drain (you should have about 1½ cups). Add cucumber, mayonnaise, onion, and parsley to cream cheese mixture. Pour over almost firm gelatin in mold. Chill till firm. To serve, fill center of ring mold with cherry tomatoes, if desired. Makes 8 to 10 servings.

BROCCOLI SUPREME

1½ pounds fresh broccoli *or* 1 10-ounce package frozen chopped broccoli
1 can condensed cream of chicken soup
1 tablespoon all-purpose flour
½ cup dairy sour cream
¼ cup grated carrot
1 tablespoon grated onion
¼ teaspoon salt
⅛ teaspoon pepper
¾ cup herb-seasoned stuffing mix
2 tablespoons butter or margarine, melted

Remove outer leaves of broccoli and tough part of stalks; discard. Cut remaining broccoli into 1-inch pieces. Cook stalk pieces in boiling salted water 5 to 8 minutes; add flowerets. Cook till tender, about 5 minutes more. (Or, prepare frozen broccoli according to package directions.) Drain. Blend together soup and flour. Add sour cream, carrot, onion, salt, and pepper; stir in broccoli. Turn into 2-quart casserole. Combine stuffing mix and the melted butter or margarine; sprinkle around edge of baking dish. Bake in 350° oven for 30 to 35 minutes or till hot through. Makes 6 servings.

SAUSAGE-SAUCED CABBAGE

½ pound bulk Italian pork sausage
½ cup chopped onion
½ cup chopped green pepper
1 cup water
1 8-ounce can (1 cup) tomato sauce
1 6-ounce can tomato paste
1 tablespoon snipped parsley
2 teaspoons sugar
1 teaspoon garlic salt
½ teaspoon dried oregano, crushed
1 large head (1 pound) cabbage, cut in 6 wedges

In 2-quart saucepan, cook sau sage, onion, and green peppe till vegetables are tender. Drai off excess fat. Add water, t mato sauce, tomato paste, par ley, sugar, garlic salt, and ore ano. Cover and simmer 15 mi utes, stirring once or twice.

Meanwhile, in a 10-inch sk let, cook cabbage wedges, co ered, in a small amount of bo ing salted water, till tender, abo 10 minutes. Remove from skill with slotted spatula; place on ra to drain for a minute or two. A range cabbage on serving pla Pour some of sauce over. If d sired, pass any remaining sauc Makes 6 servings.

SPRINGTIME POTATOES

Do not boil the sour cream mixture or it will curdle—

1½ pounds small new potatoes
½ cup dairy sour cream
⅓ cup chopped seeded cucumb
2 tablespoons chopped green onion
2 tablespoons chopped green pepper
2 tablespoons sliced radishes
1 tablespoon milk
½ teaspoon salt
Dash pepper

Scrub potatoes; cook in boili salted water, 15 to 25 minu or till tender. Drain. In sm saucepan, combine remaining gredients. Heat and stir over l heat; DO NOT BOIL. Pour s cream mixture over hot potat Makes 4 servings.

SPINACH IN TOMATO CUPS

To sieve an egg yolk, simply push through a small strainer—

6 medium tomatoes
½ teaspoon salt
12 ounces fresh spinach *or* 2 10-ounce packages frozen chopped spinach
2 tablespoons butter or margarine
2 tablespoons all-purpose flour



p milk
d-cooked eggs
g sawtooth cut, remove top
ch from each tomato. Re-
seeds. Sprinkle inside with
Cook fresh spinach in small
nt of boiling water 5 to 8
tes. Drain well; chop and
n to saucepan. (Or, prepare
n spinach according to pack-
directions; drain well.) Add
r or margarine; stir till
ed. Blend together flour and
; add to spinach. Cook and
till thickened and bubbly.
one hard-cooked egg yolk;
side. Chop remaining egg
egg white; add to creamed
ch. Fill tomatoes with spin-
mixture. Place in 10x6x2-
baking dish. Bake in 375°
for 15 to 20 minutes. Sprin-
ps of tomatoes with sieved
yolk just before serving.
s 6 servings.

PODS AND ALMONDS
p chopped green onions
n tops
espoons butter or margarine
nd fresh Chinese pea
s *or* 1 6-ounce package
en pea pods, thawed
sliced fresh mushrooms
poons cornstarch
cold water
poon instant chicken
illon granules
poons soy sauce
spoons toasted slivered
onds
inch skillet, cook onion in
or margarine till tender,
t brown. Add pea pods and
ooms; toss and cook over
eat for 1 minute. Remove
eat. Combine cornstarch
old water. Stir cornstarch
e, bouillon granules, and
uce into pea pods and
ooms. Cook and stir till
ole mixture thickens and
s. Toss with toasted al-
Makes 3 or 4 servings.

ANT PARMIGIANA
m eggplant (1 pound)
all-purpose flour
poon salt
n egg
cooking oil
grated parmesan cheese
Tomato Sauce
ce package sliced
arella cheese
gplant and cut into ½-
ces. Combine flour and
ip eggplant into beaten
n in flour mixture. Brown
oil in large skillet; drain
paper toweling. Place 1
eggplant in a 10x6x2-
king dish, cutting to fit.
with ½ of the parmesan,
each the Tomato Sauce
zzarella. Cut remaining
lla into triangles. Repeat
ending with mozzarella
Bake casserole, uncov-



ered, in 400° oven for 15 to 20 minutes or till heated through. Makes 6 servings.

To make Tomato Sauce: In saucepan, cook ⅓ cup chopped onion, ¼ cup finely chopped celery, ½ clove garlic, minced, and 1 teaspoon parsley flakes in 2 tablespoons olive or cooking oil till tender but not brown. Add one 16-ounce can Italian tomatoes, ⅓ cup tomato paste, ½ teaspoon salt, ½ teaspoon dried oregano, crushed, ¼ teaspoon pepper, and 1 bay leaf. Simmer gently, uncovered, 45 to 50 minutes. Remove bay leaf before using. Makes 2 cups.


Pineapple with no sugar added.

Pineapple with no sugar added.



Packed in its own juice. At Dole, sweetness comes naturally.

HOW CAN YOU CREATE ONE GREAT TASTE FROM A VARIETY OF FLAVORS?



Accent Flavor Enhancer has the answer

There are a lot of great flavors in this world. Each with a taste of its own. But to bring them all together for one great recipe, you need Accent Flavor Enhancer. It not only brings out the natural flavor of foods, it also blends together a medley of flavors.

Try this recipe for Chicken Cacciatori and see for yourself what a delicious difference Accent Flavor Enhancer makes.

2 three lb. chickens (cut into serving pieces)
3 tsp. Accent Flavor Enhancer
2 med. onions, coarsely chopped
2 cups tomatoes, peeled and seeded (fresh or canned)
1 cup green pepper, coarsely chopped and seeded
1 garlic clove, finely chopped
1 cup white wine
5 tblsp. olive oil
flour (enough to cover chicken)
salt and pepper

In a large skillet, in 2 tablespoons olive oil sauté onions until they are slightly browned. Remove onion from skillet and reserve it. Sprinkle chicken generously with Accent Flavor Enhancer on all sides. Dredge the chicken in flour and sauté until well browned on all sides in the oil in which the onion was browned, adding 3 tablespoons olive oil. Add tomatoes, green peppers and garlic. Return the reserved onion to the pan and simmer chicken and vegetables together, covered for 15 minutes over very low heat. Add 1 cup white wine and season with salt and pepper to taste. Simmer the mixture covered, for about 30 minutes longer, or until the chicken is tender. Serves 8.

Accent Flavor Enhancer brings out the best flavor in meats, fish, chicken, vegetables and salads. Use it in soups, stews and casseroles to blend together all the delicious flavors you put into them. Accent Flavor Enhancer helps restore the good, natural flavor many foods lose on the way to your table, much like water helps restore the beauty of a cut flower. It's nature's own Flavor Enhancer.

Use enough, use it often.



FAMILY FOOD IDEAS

Foods need Accent Flavor Enhancer like flowers need water.

Wholesome whole grain biscuits



Buying information, page 147 Photographs: Die

OATMEAL DROP BISCUITS

These crunchy biscuits make a nutritious breakfast treat, too—

1 cup all-purpose flour
3 teaspoons baking powder
½ teaspoon salt
3 tablespoons shortening
1 cup quick-cooking rolled oats
1 beaten egg
⅓ cup milk
2 tablespoons honey

In mixing bowl, thoroughly stir the flour, baking powder, a salt. Cut in shortening till mixture resembles coarse crumbs. S in oats. Combine egg, milk, and honey; add all at once to dry mi ture. Stir just till moistened. Drop by spoonfuls on greased ba ing sheet, making 6 large shortcakes or 10 smaller biscuits. Ba in 425° oven 12 to 15 minutes for shortcakes or 8 to 10 minut for biscuits. If desired, serve shortcakes split, then filled a topped with sliced peaches and whipped topping. Makes 6 sho cakes or 10 biscuits.



BUTTERMILK BRAN SCONES

Serve with hot spiced tea or cocoa for a vitamin-packed snack

½ cup dried currants *or* raisins, chopped
2 cups all-purpose flour
¼ cup sugar
3 teaspoons baking powder
1 teaspoon salt
½ teaspoon baking soda
4 tablespoons butter or margarine
2 cups bran flake cereal
2 beaten eggs
⅓ cup buttermilk *or* sour mil

In small bowl, pour boiling water over currants or raisins to cov Let stand 5 minutes; drain well. Meanwhile, in another bo thoroughly stir together dry ingredients. Cut in butter or marg rine till mixture resembles coarse crumbs. Stir in cereal a drained currants or raisins. Combine eggs and buttermilk or s milk; stir into dry ingredients. Turn onto lightly floured surfa and knead lightly 5 or 6 times. Divide dough in half. Roll ea half to 7-inch circle, ½ inch thick. Cut each circle in 6 wedg Place on greased baking sheet. Bake in 400° oven for 12 to minutes. Makes 12 scones.



The new taste of Breakfast Squares.

Moister texture. More flavor. Same great idea.

You still get a complete light meal in two of these frosted bars.

But what a difference in taste!

More like brownies. Moister. Fudgier. Bakery good. And that's the way they stay—sealed fresh in their foil pouch. Each pouch contains two bars with as much food energy, basic vitamins and basic minerals as the bacon, egg, toast and fruit breakfast shown below. Even as much protein!

Put the bite on us for 10¢ and sample the new taste of Breakfast Squares.

Ready to eat, better to eat. On the spot. On the run. Or on the job. In Chocolate, Cinnamon, Butter Pecan, Chocolate Malt and Variety Pack.

Powerful little goodies!



G-13

STORE COUPON

Save 10¢

on your next purchase of



Breakfast Squares

Only one coupon may be redeemed per purchase.

MR. GROCER: As our agent, accept this coupon on the purchase of the specified product. General Mills will redeem each coupon you so accept for the face value plus 3¢ handling charge. Mail this coupon to General Mills, Inc., Dept. 400, Minneapolis, Minn. 55440 for redemption. This offer void in any state or locality prohibiting, licensing, or regulating these coupons. The consumer must pay any sales tax included. Good only in U.S.A.

FRAUD CLAUSE: Any attempt to redeem this coupon other wise than as provided herein shall constitute fraud. Invoices proving purchase, within the last 90 days, of sufficient stock to cover coupons presented for redemption must be made available upon request.

10¢ General Mills CASH VALUE 1/100 CENT G-13



Mr. Lea: Some more Mini-Meatballs, Mrs Snodgrass?

Mrs. Snodgrass: Oh, everything tastes divine Mr. Lea. What little culinary secret are you keepin from us?

Mr. Perrins: Hardly a secret, my dear. It's ou perfect Worcestershire, the subtle flavor of whic enhances so many foods—lamb, beef, ribs, chicke fish. And, I might add, everything you're eatin right now.

Mrs. Snodgrass: Gentlemen, you must give m the recipes!

Mr. Lea: How could we deny them to a woma of such obvious good taste?

MINI-MEATBALLS IN MUSHROOM SAUCE
Mix 1½ lb ground beef, ½ c dry bread crumbs, 2 beaten eggs, Tbsp Lea & Perrins Worcestershire Sauce and 1 tsp salt. Shap into 32 meatballs; brown on all sides in 1 Tbsp oil. Gently blend 10¾ oz can condensed cream of mushroom soup, ¼ c water ar 1½ tsp Lea & Perrins. Bring to boiling, reduce heat. Cover ar simmer 10 minutes, stirring occasionally. Serves 8-10 as appetizers, 4-5 as main course with rice.

PICCADILLY CHEESE LOG
Blend ½ lb shredded Cheddar cheese, ¼ c softened butter and 2½ tsp Lea & Perrins Worcestershire Sauce. Shape into 12x1-inch log. Roll in 5 Tbsp imitation bacon bits on waxed paper. Chill. Serve with crackers.

NUT SNAPPERS
Mix 7 oz jar dry roasted mixed nuts with 1 Tbsp each Lea & Perrins Worcestershire Sauce and oil. Turn onto flat pan, bake in 450° oven 5 minutes. Serve warm or cold. Yields 1½ cups.



Lea & Perrins. The people who know their sauces.
For free recipe book, write Lea & Perrins, Dept. BP, Fair Lawn, N.J. 07410.

SMART SHOPPER:

Choosing chocolate

Lots of people like chocolate but not many are familiar with all its myriad variations in tastes, shades, and uses. To help you choose wisely at the supermarket, here's a chocolate guide plus some recipes to try.

One-ounce squares of *unsweetened chocolate*—also called bitter, baking, or cooking chocolate—are cooled and molded pieces of pure-chocolate liquid. You can also buy a semiliquid mixture of cocoa and cocoa butter or fat packaged in envelopes. Each envelope equals one ounce of melted unsweetened chocolate.

Semisweet chocolate is made by blending chocolate liquid with some sweetening and extra cocoa butter. This form of chocolate can be purchased in one-ounce squares or in popular chocolate pieces.

Sweet chocolate is made like the semisweet version but with additional sweetening. It is usually shaped in bars.

Milk chocolate is similar to semisweet and sweet chocolates except for the addition of milk or cream. It is best known in the chocolate-bar form for eating, but can also be purchased as chocolate pieces, chunks, and candies.

When most of the cocoa butter is removed from pure chocolate liquid, what remains is called *cocoa powder* or *Dutch process cocoa* (darker in color and somewhat more pronounced in flavor). If the cocoa powder is sweetened and flavored, it will be labeled *cocoa drink powder*.



Buying information, page 147

Photographs: Dieter

Chocolate syrup is a chocolate- or cocoa-flavored liquid plus sweetening, water, salt, and other flavorings. *Chocolate sauce* has milk, cream, and/or butter added.

FRENCH BLACK BOTTOM PIE
4 tablespoons butter or margarine
⅓ cup sugar
1 square (1 ounce) unsweetened chocolate, melted and cooled
½ teaspoon vanilla
1 egg
1 8-inch pastry shell, baked and cooled
1 4-ounce package soft-style vanilla whipped dessert mix

In small mixer bowl, cream butter or margarine; gradually add sugar, creaming till light. Add chocolate and vanilla; beat in egg. Continue beating for 3 minutes at medium speed. Spoon into pastry shell. Prepare dessert mix according to package directions, *except* use 1 cup milk for the liquid; let stand 5 minutes. Pour over chocolate mixture. Chill firm, 3 hours, or freeze.

continued

The "Can't-Miss" Easter dinner.



You can't miss with a dinner starring a tender, four- to nine-pound Armour Golden Star Junior® Turkey dressed up with herb-seasoned Kellogg's Croutettes® stuffing.

You can't miss because the Armour Golden Star Turkey bastes itself with good sweet creamery butter, to keep it juicy and moist.

You can't miss because the Kellogg's Croutettes Stuffing is fixed in mere minutes. Just add hot water or stock and pop it into the bird. And if you'd like even more flavor, just add diced celery and onion.

FAMILY FOOD IDEAS



continued

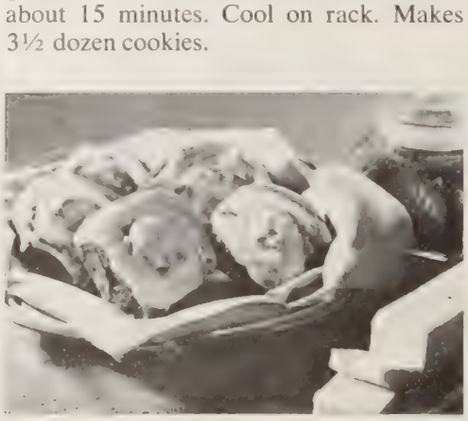
Choosing chocolate



SWEET CHOCOLATE CHIP COOKIES

½ cup butter or margarine, softened
⅓ cup granulated sugar
⅓ cup packed brown sugar
1 egg
1 tablespoon water
½ teaspoon vanilla
1¼ cups all-purpose flour
½ teaspoon baking soda
¼ teaspoon salt
2 4-ounce bars sweet baking chocolate, coarsely chipped (1½ cups)
½ cup chopped walnuts

In small mixer bowl, thoroughly cream together butter or margarine and the sugars. Add egg, water, and vanilla; beat well. Thoroughly stir together flour, baking soda, and salt; add to creamed mixture. By hand, stir in chocolate and walnuts. Drop by teaspoonfuls 2 inches apart onto greased cookie sheet. Bake in 350° oven about 15 minutes. Cool on rack. Makes 3½ dozen cookies.



CHOCOLATE CINNAMON ROLLS

2¼ to 2½ cups all-purpose flour
1 package active dry yeast
⅓ cup cocoa powder
⅓ cup granulated sugar
¼ cup shortening
1 teaspoon salt
1 egg
2 tablespoons butter or margarine, melted
¼ cup chopped pecans
2 tablespoons granulated sugar
1 teaspoon ground cinnamon

• • •

1 cup sifted powdered sugar
4 teaspoons milk
½ teaspoon vanilla

In large mixer bowl, combine 1 cup of th flour, the yeast, and cocoa. In saucepar combine ¾ cup water, the ⅓ cup suga the shortening, and salt. Heat and stir jus till shortening melts (115° to 120°). Ad to flour mixture; add egg. Beat at low spee of electric mixer for ½ minute, scrapin bowl constantly. Beat 3 minutes at hig speed. By hand, stir in enough remainin flour to make a soft dough. Turn out ont lightly floured surface. Knead 3 to 5 mi utes. Place in greased bowl, turning onc to grease surface. Cover; let rise in war place till double, 1 to 1¼ hours. Punc down; let rest 10 minutes. Roll dough 12x8-inch rectangle. Brush with butter margarine. Combine nuts, the 2 tabl spoons sugar, and cinnamon. Sprinkle ov dough. Roll as for jelly roll, starting long edge. Cut into twelve 1-inch roll Place, cut side down, in greased 9x9x inch baking pan. Let rise till nearly doubl about 30 to 45 minutes. Bake in 375 oven for 25 to 30 minutes. Combine pow dered sugar, milk, and vanilla. Spread ov warm rolls. Makes 12.

Help him remember his mother's baked beans and he'll never forget yours.



There are some things a man never forgets. Like the great taste of those baked beans his mother used to make... and all the trouble she went to getting them that way. That thick, rich, dark brown sugar sauce. That chunk of pork. Those hours of baking in the oven. They were really a meal in themselves.

B&M costs a little more because they're made the same way. With thick, rich, dark brown sugar sauce that's been really baked into every bean for hours and hours in real brick ovens. Heat up a can of B&M baked beans. They won't bring back the good old days. But they will give him a little taste of them.

B&M. The taste you never forget.



FAMILY FOOD IDEAS

...emade ...r cream



are sour cream was dis- accidentally centuries n sweet cream skimmed "went bad" in the ab- refrigeration. Happily our waste-not ancestors d dozens of ways to use ...m. In fact, it became so that these homemakers ...liberately leave a bowl ..., sweet cream on the her old-fashioned stove quid became thick and ing. Heat reacted with cream and produced a ...id which caused the ...ilk's basic protein, to nd form a custard-like But our modern pasteur- ...chnique prohibits nat- ling because it kills these ...acteria along with the ones. To make sour home now, homoge- eurized cream must be l with a lactic acid cul- buttermilk, before it



Photographs Dieter

...E SOUR CREAM

...ade version is thinner ...mmercial variety—

...ping cream
...ns buttermilk

... and buttermilk into ... s jar. Screw on lid ...ke well. Let jar stand ...ce till cream is thick- ...ured, about 24 hours ...ather and 48 hours in ...er. After cream has ...ver it and chill several ...ernight before using. ... slightly for smoother ... NOT OVERBEAT. ...os.

These are the memories that never grow dim . . .
Of young voices joined in a joyous old hymn.
Of bonnets abob to the cadence of canes,
And grandfather-watches on great gold chains.

Of sugar-shell eggs that held small, secret sights,
And baskets brim-filled with a million delights,
Of the elegant ham in its clove-starred glaze,
For the family feast of our Easter Days.

Hormel Ham an EASTER TRADITION

This ham has shared the happiness of many a family celebration. For this is the famous Hormel Ham — America's first ham in a can. Patiently boned, trimmed, shaped and baked to magnificent full flavor. Ready to heat and carve smoothly into broad, juicy slices. ● Hormel makes this same, famous ham today—true to its great tradition.

Geo. A. Hormel & Co., Austin, Minn.



TRADITIONAL HOLIDAY GLAZE

FAMILY FOOD IDEAS

½ cup pineapple juice
1 cup brown sugar
4 tsp. prepared mustard
2 to 3 tbsp. lemon juice
1 box whole cloves

Bake ham according to directions on can. Half an hour before ham is done, remove from oven. Pour off drippings.

Score the top of the ham about ⅛" deep into crisscrossed diagonals as pictured above. Insert a whole clove into each section.

Blend together pineapple juice, brown sugar, mustard and lemon juice, then spoon the mixture over the ham.

Return to oven for last half-hour of baking, basting frequently.

You go to an expert for legal advice.
You should go to a professional travel agent for travel advice.

Lawyers and doctors and architects. Because of their years of knowledge and practice, you can put your well-being into their hands. It's the same with travel agents. Especially your local ASTA agent. Where years of study and knowledge get you the most safety and comfort in travel, as well as the most for your dollars.

That's because you're dealing with an ethical individual who can tell you the best place to go at the best time of year. Best for you and your means, not the most expensive. *Now, during the energy crisis, more than ever, see your local travel agent.* And take along experience the next time you take a trip.

The travel professionals.



begins on page 40

Savings

haven. Still more important is the annual *yield*. Senator Vance Hartke of Indiana thinks many financial ads have deliberately tried to confuse savers about the difference between those two terms, and his Truth-in-Savings Bill, presently under federal study, would require banks and other institutions to make the difference clear.

The yield, also called the *"effective rate,"* is the actual amount of money you earn in a year when your interest is *compounded*—that is, when you earn interest on interest. Suppose the rate is six percent a year, for instance, and suppose it's compounded monthly. The savings institution would calculate it at ½ percent per month (6 divided by 12), and would compute each month's interest on the principal plus all the previous month's earnings. Thus a monthly compounded rate of six percent would produce a yield of about 6.17 percent per year.

The more often interest is compounded, the higher goes the yield. Table I, on the preceding page of this article, shows that this can make some difference over a few years, even with a relatively modest savings program.

Timing

You also should ask questions about *when interest starts and stops*. This can affect the yield drastically.

First, find out when interest starts. Some institutions pay interest only on money that has sat in an account from the beginning of an interest-compounding or *conversion* period. If interest is compounded monthly, for instance, and if you deposit money on the fifth of a month, that money doesn't start earning interest until the first of the next month.

By contrast, other institutions offer a grace period. In a typical deal of this kind, any money you deposit by the tenth of a month will earn interest for the full month, exactly as though it had been deposited on the first. This could be important to you if you plan a regular savings program and if, for example, your salary check only comes through on the 15th of each month.

If your savings account is an in-again-out-again affair, you'll want to be especially wary about the various methods of stopping interest when money is withdrawn. Savings institutions handle this situation in different ways and you should be sure to get all the particulars before opening an in-and-out account anywhere. (Don't let just the ads sell you; ask questions, too.) From your viewpoint, the worst and best methods are:

- *Low balance:* Interest is paid only on the smallest amount of money that was in an account during a conversion period. For instance, suppose you have an account on which interest is credited quarterly. There's $5,000 in it, let's say. Late in December, just before the last quarter ends, you withdraw $2,500. When the interest is credited on December 31, you earn interest only on the $2,500 remaining in the account—even though the account contained twice that much money through most of the quarter.
- *Day of deposit to day of withdrawal* is your best bet because every dollar in your account earns interest for every day it actually sits in the account. In the example above, the $2,500 you withdrew would have earned interest until the day you walk out of the bank with it. If that day was December 15, for example, the withdrawn money would have earned about five-sixths of the quarterly interest.

Senator Hartke is particularly concerned about interest-stopping methods and the tendency of many institutions to explain them fuzzily or downright misleadingly. He cites one hypothetical in-and-out account whose yield over a six-month period, could vary all the way from $29.75 to $75.30—depending solely on which interest-stopping computation the particular institution uses for its figuring.

Note: In late 1973, the Federal Reserve Board began investigating the desirability of standardizing the methods of how money is earned in savings accounts. For instance, one suggestion would be to make interest the only variable. What comes of these explorations, it's quite possible that some standardization will go into effect soon, thus making it that much easier for you to compare various savings vehicles.

How can you save regularly?

For some savers, the worst problem of all is self-discipline. "People often ask if we know of a magic discipline medicine," says an American Bankers Association official. "We don't. But we do have two suggestions that seem to help most savers. First, set a goal for yourself—so much money by such-and-such a date. Second, save toward it regularly. Make a routine of it. Your savings 'payment' should be a monthly automatic outlay, just like your rent or mortgage payments." Table II shows how even fairly hefty sums can be piled up with surprisingly small monthly deposits.

You can, if you like, ask banks and others to help you discipline yourself. One of the easiest saving methods is the regular, automatic transfer from checking to savings account. You decide on the amount and the frequency, you sign an authorization form, and the bank does the rest. You can achieve similar results by asking your employer to put a slice of your pay into U.S. savings bonds (current yield; six percent if held to maturity). Some companies also will arrange to deduct percentages of pay into a credit union, which often pays a higher rate of interest on savings than do other savings institutions. ■

TABLE II

How long does it take to save how much? Take three typical savings goals—$5,000, $10,000, and $20,000. How much should you deposit *each month* to reach those goals in various spans of time at various interest rates?

To save this much in this length of time	. . . deposit this much per month at these rates of interest compounded monthly			
	4½%	5%	5½%	6%
$ 5,000 in 1 year	$ 408.14	$ 407.20	$ 406.27	$ 405.33
in 5 years	74.47	73.52	72.59	71.66
in 10 years	33.07	32.20	31.35	30.51
in 15 years	19.50	18.71	17.94	17.19
in 20 years	12.88	12.11	11.45	10.82
$10,000 in 1 year	$ 816.06	$ 814.26	$ 812.46	$ 810.66
in 5 years	148.70	146.90	145.10	143.33
in 10 years	65.93	64.26	62.63	61.02
in 15 years	38.81	37.29	35.81	34.39
in 20 years	25.59	24.22	22.90	21.64
$20,000 in 1 year	$1,632.12	$1,628.52	$1,624.92	$1,621.32
in 5 years	297.41	293.79	290.21	286.66
in 10 years	131.86	128.52	125.25	122.04
in 15 years	77.61	74.58	71.63	68.77
in 20 years	51.18	48.43	45.80	43.29

(Computed for BH&G by Union Trust Co. of Connecticut)



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florida: After Mickey Mouse, what?

By Myles Callum

Granted, the dream world of Walt Disney is reason enough to visit Florida (see BH&G, April 1972). But all too many vacationers never get beyond the Magic Kingdom, and that's a mistake; they're missing some of the finest country and most appealing activities the state has to offer. We've singled out three areas that encompass dozens of attractions worth seeing:

- The Florida Keys, where you can get your fill of dolphins, skin diving, coral reefs, stone crabs, fishing and boating, giant sea turtles, and sparkling waters.
- The Everglades, a 5,000-square-mile subtropical wilderness of alligators, saw grass prairies, great blue herons, and gumbo-limbo trees—also called "tourist trees" because they're red and peeling.
- The Sun Coast on the west, a land of picture-book fishing villages, historic houses and circus museums, superb boating, and some of the best beachcombing and shell hunting in the country.

There's a good mix of activities in all three areas, and you can count on finding whatever your family likes, whether it's sight-seeing and structured amusement or just plain lazing around in the sun. But don't try to see it all in one trip. That kind of travel is exhausting and unprofitable even for energetic adults, and it's likely to be disastrous if you're traveling with young children. If you have a week or two of vacation, plan to spend at least two or three days, or most of a week, in one area. That will give you a chance to get acquainted with the region, meet a few local residents, and discover some of the little-known spots that so often turn out to be the most fun.

florida: After Mickey Mouse, what?

THE FLORIDA KEYS:

If you're thinking of heading to the Keys, you'll probably want to go all the way to Key West, the southernmost point of the continental U.S. It's not only nice to have Been There, it's a nice place to be. The drive along the Overseas Highway (US-1) is roughly 100 miles and about as pleasant as you could want; you're surrounded by water for most of the trip and there are several fine attractions along the way.

The first one you'll encounter is John Pennekamp Coral Reef State Park at Key Largo. It's the nation's only living coral reef, and the only state park that's almost entirely underwater. Pennekamp is a mecca for skin and scuba divers and underwater photographers, but it also has facilities for tent and trailer camping, swimming, fishing, boating, and picnicking. For underwater sight-seeing, there's a glass-bottom boat that tours the coral reef three times a day, weather permitting ($5 per adult, $2.50 for children). The morning boat leaves at 9:15 a.m. and is usually the least crowded ride of the day. The trip out to the coral reef takes 45 minutes; the three-decker boats are noisy, but it's a delightfully breezy ride. You'll spend 45 minutes to an hour at the reef itself, viewing the underwater ledges, tropical fish, sponges, and living coral formations through the glass windows along the sides and bottom of the boat.

Farther along, at Grassy Key, you may want to stop off at Flipper's Sea School, where smart dolphins are trained to seem even smarter. The best students are sent to perform at the Miami Seaquarium.

From Flipper's it's only about an hour to Key West with its nearly perfect tropical climate and numerous sights worth seeing. Among them: the Turtle Crawls (or Kraals, as the natives spell it), where scores of giant sea turtles—some weighing up to 600 pounds—are kept in huge pens until they are butchered for turtle steaks and soup; Audubon House and gardens; the Municipal Aquarium; and Hemingway House, where it is quickly apparent that Ernest Hemingway had a thing for cats. He not only hunted the big ones in Africa but kept some four dozen tabbies around his place at Key West. "Cats are honest," he said. So, if you tour the house at 907 Whitehead Street, you'll literally have to step over the cats—roughly 40 descendants of the felines who lived with Papa. An easy way to get around to these and other sites is to take a conch-train tour that circles the city.

If you plan to spend a few days in Key West, by all means try to meet some natives. Longtime residents known as "conchs," are a colorful free-spirited breed who can regale you with arguments on how and why the Keys should secede from the Union. A sample strategy: "Blow up the

Watercolors: Charles Re



bridge at Jewfish Creek, declare war, immediately surrender, and apply for foreign aid."

THE EVERGLADES: Forget those scary stories about the Everglades. If you're driving, a trip into the 'glades is as safe and tame as a visit to any other national park. In fact, it's safer than some; you won't have to contend with black bears. On the other hand, it can be foolhardy to explore the marshy wilderness by boat without an experienced guide. At the very least, you should file a "float plan" for your proposed trip at park headquarters. Then, if you're not where you should be, you can be assured that park rangers will be out looking for you.

The main entrance to the Everglades is on the eastern boundary, 12 miles from Homestead on State-27. From the visitors center and park headquarters, an excellent road takes you through 38 miles of park to Flamingo, a well-planned visitors center that includes accommodations, exhibits, campgrounds, restaurant, and boat marina, and a crew of helpful park rangers.

It's possible to reach Flamingo in less than an hour, but you should plan to take at least half a day. Drive quickly through the Everglades and you'll miss it all. This is not a land of spectacular canyons or majestic mountains. It is a world of microcosms, of subtle things in hiding. An alligator looks like a floating log; a beautiful apple snail lies half hidden in the marshy saw grass. Happily, the National Park Service has made it easy to get acquainted with the great variety of plant and animal life in the Everglades. Starting at the Royal Palm area (at the 'glades entrance), a number of trails and vantage points are clearly marked along the road to Flamingo. At Pa-hay-okee, for instance, you'll find a boardwalk and tower from which you can get a panoramic view of an Everglades "sea of grass." At Mahogany Hammock, another elevated boardwalk takes you into a mahogany forest. There's plenty to do when you get to Flamingo, too. You can take a wilderness hike with a park naturalist, get on a charter fishing boat, learn to handle a canoe, wade through













florida: After Mickey Mouse, what?

the saw grass on a ranger-guided Swamp Tromp, see a live demonstration of Everglades snakes, or just sit around and rap at an evening campfire program behind the visitors center. If you plan to stay overnight at Flamingo (rates are lower from May 1 to December 1), make reservations well in advance. For reservations and information, write to Everglades Park Company, 28494 South Federal Highway, Miami, Florida 33157.

FLORIDA'S WEST COAST: One of Florida's main attractions is widely available and free: hunting for seashells. Beautiful shells can be found everywhere along the coasts, and there's no better way to unwind. If you want to guarantee your success, though, go to Sanibel Island, off the west coast of Florida near Fort Myers. Sanibel and its neighboring islands are a shell hunter's paradise; the sandy beaches are strewn with millions of specimens in dozens of different varieties. Kids will also enjoy looking for other relics washed in from the sea—sand dollars, sea horses, and starfish, not to mention the myriad treasures of beachcombing. At nearby Fort Myers is Seminole Lodge, the winter home and laboratory of Thomas A. Edison. Edison spent countless hours here perfecting earlier inventions—the incandescent light bulb, phonograph, motion picture camera, and storage battery. He also created a beautiful botanical garden, with one of the most extensive collections of tropical flora in the country. The house, grounds, laboratory, and museum are all worth seeing ($1.50 for adults, 50c for children).

Farther on up the coast is Sarasota, one of the most appealing cities in Florida—or anywhere. It seems to have everything: a cosmopolitan air, several outstanding attractions, food for every taste, neat boutiques, and a perfect climate—all wrapped around a captivating coastline dotted with fishing vessels, marinas, and superb beaches. One of the city's major attractions is the Ringling Museums—an impressive complex that includes a circus museum, the Ringling Museum of Art, and the stunning Joh Ringling residence, modeled after Venetian palace. You'll find wid beaches and great shelling at Lid Beach and Longboat Key, and photo genic flamingos at Sarasota Jung Gardens. If you happen to be in Sar sota on a Saturday morning (Noven ber through March), treat yourself a visit to the Ottmar Herman Ranch, where the world-famou Royal Lippizan stallions are traine The ranch is located at nearby Mya ka City, 19 miles from Sarasota. Th Saturday-morning program is in e fect a rehearsal; the horses and ride aren't costumed, but otherwise it's smooth and complete as a fu fledged performance. There is no a mission fee, but the owners pass t hat for contributions to buy food a

continued

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continued

Florida

sugar for the horses. Plan to get there early for a front-row seat; the show is not widely publicized, but word gets around—and it's not unusual for a thousand people to show up.

From Sarasota its just a short hop to the Sun Cities of Tampa and St. Petersburg, where there's more than enough to keep your family busy for days. You won't have any trouble finding the major attractions in St. Pete—the futuristic Municipal Pier; Sunken Gardens, with its walk-in aviaries; and the replica of the *H.M.S. Bounty*, open to the public. The best dolphin show on the west coast of Florida is at the Aquatarium, on St. Petersburg Beach. But if your kids are tired of dolphins and jungle gardens and historic houses, take them into the Fun Center on St. Pete Be The indoor games, rides, and ball machines will be a welc change.

In Tampa, don't miss B Gardens, the city's biggest best-known attraction. Plan spend the day here if you w to see it all; its a sprawling en tainment center that include Hospitality House, where beer is served (to adults only 15-acre tropical bird garden African Village; an exciting flume ride; bird, chimpanzee, elephant shows; and a 186- Wild Animal Kingdom that r cates an African Veldt. You see the 800 wild animals by ing the new one-mile skyrid by a monorail that travels at level, or by boarding a tra the Trans-Veldt Railway. ■

begins on page 66

Nosebleeds

by the local witch doctors. And if you wore a piece of red woolen yarn on a string around your neck you'd avoid getting a nosebleed in the first place, according to the old wives.

Treatments by today's doctors, though less colorful, are more effective. To stop an ordinary nosebleed they suggest:

- Quiet the patient and caution him to sit still. This by itself may stop the bleeding.
- Tilt his head slightly forward to decrease his chances of swallowing blood.
- Loosen any clothing or jewelry about his neck.
- If the bleeding appears to be from the lower, soft part of the nose, pinch his nostrils together and hold them firmly for five or six minutes. You can use a spring-type clothespin padded with cloth. Then release the nose slowly and gently so as not to disturb the clot that has formed.
- If the bleeding is from the upper part of the nose where pinching will not apply pressure, place ice or cold compresses on the nose and back of the neck.
- To avoid dislodging the clot, caution the patient not to blow his nose for several hours after bleeding has stopped.
- Pack the patient's nostrils with balls of cotton or gauze moistened with household (three percent) hydrogen peroxide or cold water (squeeze out excess fluid first). To remove the packing, remoisten it first with a dropper and then withdraw the packing ge

Carelessly inserting and moving the packing material cause trouble. Dr. Philip R ing, surgeon of the ear and th department in Guy's Hosp London, notes that "It is the monest thing to find that a of wool has been pushed fi into the nose by a well-mea relative. The plug, always as ing that it is in contact with bleeding spot, may help a the flow, but when it is drawn the bleeding poin abraded and bleeding b again. Further, the mucous m brane is rubbed and scrat so that multiple small abra are inflicted, all of which begin to ooze."

If bleeding persists, take patient to a doctor. He cauterize the bleeding point a chemical or electrical ca or he may resort to cyrosur a technique that seals the br blood vessel by freezing it. may apply a coagulant to main bleeding area and pac nose with sterile gauze. I bleeding site is deep within nose a more elaborate packi used which requires hospital the patient for a few days jections of vitamin K or b platelets aid coagulation.

Don't panic at a nose that seems abnormal. If caused by a serious ailmen most cases there'll be other s toms, too. The nosebleed actually be a life-saving signa

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n privacy or screen off
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r just any fence design,
v find you've only cre-
eyesore. The two differ-
e styles shown here work
d look even better!
28-foot fence at right
slight curve to create a
arrier and a graceful
p for the garden.

Hedrich-Blessing. Landscape architect:
Edward S. Fried. Source: Jessie Walker



nce is made with 1x2s,
grooved Texture 1-11
panels, nailed to hori-
runners. It's supported
sts. set in concrete. The
nce heights provide an
ging play of shadows
t the day. Blocks of
ard stones in front of
n make an inviting
around the edges of
garden.

Ernest Braun. Designer: Mrs. C. S.
McCandless. Source: Barbara Cathcart



ndowpanes of tinted
tic turn this privacy
an oversize art work.



Lumber scraps in various sizes and colors are nailed to the horizontal runners, made of rough-textured 1x8 tongue-and-groove redwood.

The fence is supported by a series of 4x4 cedar posts, set in concrete and tied together with 2x4s at top and bottom. Rust-proof nails are used throughout. On the opposite side, the fence provides an impressive backdrop for the flower beds at both back and front sides.

When you build your own privacy fence, make sure it will look just as nice on your neighbor's side as it does on yours.

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TRAVEL WEST

Tony Swan, *Western Travel Editor*

An insider's guide to family vacations for readers who live in the Rocky Mountain territory or Far West

Expo '74: plan now

The monumental hassles and expenses connected with bringing a world's fair to life are formidable barriers to the ambitions of *any* city, let alone one of just 180,000 residents. Stir an energy crunch into the ingredients, and you have the Spokane, Washington, version of the Impossible Dream—Expo '74. It's likely to be the only domestic world's fair of the decade.

Preparations for Expo '74, which is optimistically themed "Celebrating Tomorrow's Fresh New Environment," have already wrought major changes in downtown Spokane. New high rises have sprouted in the former skid row area, and the switchyards that covered the two Spokane River fair site islands, Havermale and Cannon, are gone. The river itself, once badly polluted, is on its way to recovery, its sparkling falls lending a unique and appropriate touch to the setting.

The attractions are certainly there: a list of major exhibitors that includes the U.S., Russia (for the first time since '39-'40) Japan, Canada, Mexico, Australia, Iran, South Korea, West Germany, the Philippines, and Taiwan; a good cross section of domestic industrial participants—Ford, GM, United Air Lines, Bell, and Eastman Kodak; a five-acre Smithsonian Institution theme park—"The Northwest: Gift of the Earth"—that will give visitors an insight into Pacific Northwest occupations ranging from tree topping to totem carving; an entertainment docket that runs the gamut from Shakespeare to hard rock; and a six-acre, $3.5 million amusement park that will debut 20 new rides. Besides, there are countless outdoor vacation adventures to be had in the surrounding country.

But with gasoline in short supply, getting to the attractions is going to require some careful advance planning. Expo's attendance projection for the six-month run of the fair (May 4-November 3) is 4.6 million people, most of whom, it was originally expected, would arrive in automobiles or recreational vehicles. Now that the gravity of the energy crisis is apparent, public transportation is a much more important factor.

For families living in the northern tier of states who do plan to drive to Spokane, one gambit is to combine their Expo visit with a Canadian vacation along Trans-Canada 1. The Canadians don't anticipate severe fuel shortages and are encouraging fairgoers to use the just-north-of-the-border route. Spokane is only 100 highway miles from the British Columbia border. However, for distant visitors unable to take advantage of the Canadian gateways, the practical answer is going to be public transportation. So here's how air, rail, and bus service to Spokane stack up.

• Spokane International Airport is served from the West and Midwest by three major carriers, Northwest Orient, United Air Lines, and Hughes Airwest, and by Cascade Airways, a Washington State feeder airline. Both United and Hughes Airwest offer a variety of Expo packages.

• Amtrak will increase its normal Spokane service to two daily trains in each direction between Chicago and Seattle and will add another daily Seattle-Spokane-Seattle shuttle, giving fairgoers the option of either trying to see the fair in a day and returning to Seattle that same evening or of spending at least one night in Spokane, thus allotting the fair the suggested minimum of two days.

A word of warning: as early as last November, Amtrak's bookings for the coming summer showed signs of being extremely heavy so make your reservations as soon as possible.

• Greyhound Lines will increase the frequency of their regular service from Seattle, Portland, and British Columbia during the fair months. For fairgoers outside the Pacific Northwest area, a good way to build a vaca-

tion around bus travel is with the firm's Ameripass. Modeled on Europe's popular Eurailpass, the Ameripass offers 30 days of unlimited travel for $149 per person, with an option for an additional 30 days for another $50.

Both Amtrak and Greyhound have special Expo tour packages available, and Continental Trailways, which does not have scheduled service to Spokane, will include the city and Expo in many of its Northwest tours.

Getting around shouldn't be a problem once you get to Spokane. The fair is within easy walking distance of any downtown point, and special shuttle buses will operate between major hotels and motels and Expo's

Washington



gates. To get to other attractions in Spokane, or to do a city sightseeing tour, try the brand-new buses of the Spokane Transit System. A regional bus company, Empire Lines, will be running tours out of Spokane.

The situation of more visitors arriving by public transportation, and fewer arriving by car and RVs, is expected to create heavy demands on local hostelries. To cope with the anticipated housing logistics, Expo imported a genuine logistician, retired Air Force General A. C. (Ace) Edmunds. Edmunds commands Expo's Hospitality Services section, and has a line on some 9,000 rooms—everything from hotels to college dormitories—within an hour's drive of the fairgrounds.

The city proper has some 3,400 rooms, with the downtown Ridpath Hotel ($14-25 double) and the Spokane House ($18-20) rated as tops.

An alternative to a hotel or motel room is a rental motor home (providing gasoline is available). Cost for a family of four for a week is about $400, which includes two Expo admissions per person and 1,000 miles. You buy the gas. All three airlines are offering motor home rental packages, or contact Northwesterner, North 2822 Division Street, Spokane, Washington 99207.

If you write to Hospitality Services, P.O. Box 1974, Spokane, Washington 99210, they'll send information about Expo, Spokane, British Columbia, motor home rentals, RV sites, and a rundown on all of Spokane's hotels and motels. Hospitality Services also handles reservations for accommodations.

Although it has long claimed to be "Capital of the Inland Empire" (eastern Washington, Idaho, and eastern Oregon), Spokane has never figured prominently as a vacation destination prior to Expo. However, should you exhaust Expo's attractions and still have some time, there are some interesting things to see and do.

Perhaps the most unique feature of the city is its stock exchange, located downtown in the Peyton Building. The two-for-a-nickel mining stocks that some-

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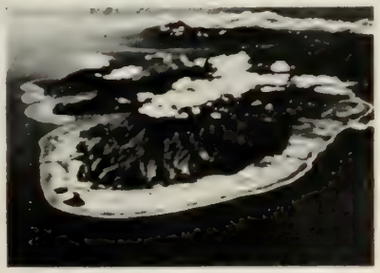
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times change hands here may not make you an overnight millionaire, but they do make unique souvenirs.

Other diversions: The Spokane Fairgrounds, where the city's AAA baseball team toils; the Playfair Race Track, with horse racing July through November; the Cheney-Cowles Museum, West 2316 First Avenue, with displays ranging from fine arts to natural history; Gonzaga University, with its Pacific Northwest Indian Center; Manito Park, where you'll find a variety of gardens; and the new natural-habitat Inland Empire Zoo.

Gasoline shortages are almost certain to curtail side trips, even if you do manage to get to Expo in the family car or camper. However, the lakes and pine-covered hills of the Idaho panhandle are within fairly easy range and offer the option of a venture into Canada. Pend Oreille (pondoray) is the panhandle's biggest lake, famous for its record Kamloops and Kokanee salmon, and Priest Lake, northwest of Pend Oreille Lake, offers some near-wilderness adventure.

About 60 miles northeast of town, Mount Spokane State Park has fine views of the rolling wheat country to the west from its 5,878-foot summit. Another nearby excursion is a Snake River trip through the continent's deepest gorge, either on a jet boat or a downstream float trip. The jet boat trips originate in Lewiston, Idaho, about 110 miles south of Spokane on US-195.

If you're going to drive from Spokane to the coast, don't miss the spectacular new North Cascades Highway (Washington-20). The road winds through sparkling alpine scenery and is the access route for the Ross Lake National Recreational Area.

Given sufficient gasoline, there's no end of other side trips you can tie to an Expo visit. Within two days' drive are seven American National Parks, five Canadian National Parks, three national monuments, eight national forests, the Pacific Coast.

The best months to visit Expo are May, June, and October. Plus-100-degree days are common for eastern Washington in mid- and late summer, and Expo's projections forecast peak visitor loads during July and August, with attendant strains on accommodations and attractions.

Adult admission to the fair is $4, juniors 12-17 $3.25, children 5-11 $2 (tickets ordered before April 15 are $3.40, $2.80, and 1.70). Children under five are admitted free. Season tickets are $45, $37.50, and $22.50 (pre-April 15, $35, $30, $17.50) through the same age brackets.

For further information to help you plan your trip, contact Expo '74 at P.O. Box 1974, Spokane, Washington 99210; the Washington Tourist Promotion Division, Department of Commerce and Economic Development, General Administration Building, Olympia, Washington 98504; The Idaho Tourist Commission, Department of Commerce and Development, State Capitol Building, Boise, Idaho 83717; the British Columbia Travel Bureau, Department of Travel Industry, Parliament Building, Victoria, British Columbia; or the Canadian Government Travel Bureau, Ottawa, Canada.

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Fort Union—where the West was won



Rising starkly out of the broad eastern New Mexico plains, Fort Union National Monument, though defunct this entire century, still imparts a feeling of high drama and ominous importance. It is the real thing, bigger even than the hundreds of Hollywood copies it has inspired.

In the language of the 19th-century West, the site was a "fort," but in reality it was a complete city. Indeed, it was the only such full-scale settlement anywhere on the last two-thirds of the great 800-mile Santa Fe Trail. Fort Union was the area's major supply depot, had the only hospital, and, most important, the largest garrison between St. Louis, Missouri, and Santa Fe, 100 miles farther west. And after nearly a century and a half, the actual wagon ruts of the Santa Fe Trail can still be clearly seen at the fort's northern end, leading off across the plain to the far horizon.

Fierce campaigns against all the strong Indian tribes were waged from Fort Union and it was out of Fort Union that the 1,342 Colorado Volunteers marched to defeat the 2,500-man Confederate Texas Mounted Volunteers in 1862 at Glorieta Pass near Santa Fe, securing the Southwest for the Union. Kit Carson, a colonel of the First New Mexico Cavalry there, took many a quaff in the fort's beer hall and developed a wide reputation as a pool shot in the fort's pool hall.

But history isn't Fort Union's only fascination—its scale is staggering. A gigantic complex over 2,100 feet long by 1,200 feet wide was built in 1863. The great central parade ground is 300 feet wide by 1,500 feet in length, lined on both sides by endless banks of officers and company quarters, machine shops, storehouses, and a huge mechanics corral. All these buildings, save one, lie in ruins now. Inevitably, the survivor is the sturdy stone military jail. Stone foundations from the other buildings are intact too, but roofs collapsed long ago, adobe brick walls eroded, and only the fired-brick chimneys of the officers quarters retain their original height. Still, you get the idea of immense size.

Throughout the monument are fascinating 19th-century photographs showing the fort as it looked when new. There are also displays of artifacts from the fort's active period, which ended in 1891 when the railroad brought Fort Union's years as a protected trading center to a close. In the monument's visitors center there is a museum containing a wealth of other memorabilia.

Fort Union is open daily 8-7 in summer and 8-4:30 in winter, except Christmas and New Year's Day. The park rangers conduct daily scheduled tours of the grounds in the summer. Guided tours are available in winter if arrangements are made in advance. There are picnic facilities, rest rooms, and water, but there is no camping at the fort. No food is available at the fort either, but picnic supplies can be purchased in nearby Watrous, seven miles southeast. A day use fee of $1 per car is charged.

Fort Union is located just off I-25 about 26 miles north of Las Vegas, New Mexico. No public transportation is available to the monument.

For further information, contact the Superintendent, Fort Union National Monument, Watrous, New Mexico 87753. ■

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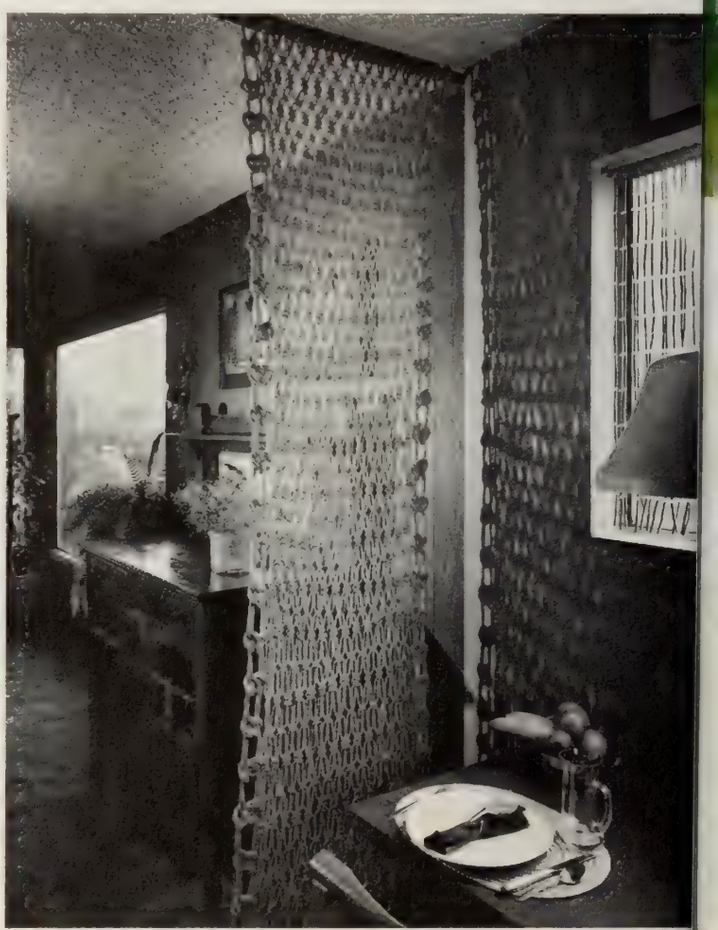
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Decorating with macrame



Designer: Linda Slacum Photographs: Art Hup

It's not surprising that macrame, the art of knotting, is booming in popularity. It's easy to learn, the materials are inexpensive and the results are wonderfully decorative all around the house. Here, macrame makes an unusual window valance. It's all natural jute (3/16 inch diameter) with wood beads for accents. The valance hangs from a stained closet pole flush with the top of the window.



Source: Carole Laventhol Designer: Gail Smi

When you've practiced macrame a little, you'll be ready for a larger project like this room divider. This project is composed of square knots with Josephine knots at the sides. The natural jute divider is two feet wide with stained closet poles at the top and bottom. Other macrame projects you can make for your home include place mats, chair seat covers, cafe curtains, wall hangings, pillow covers, and lamp shades.



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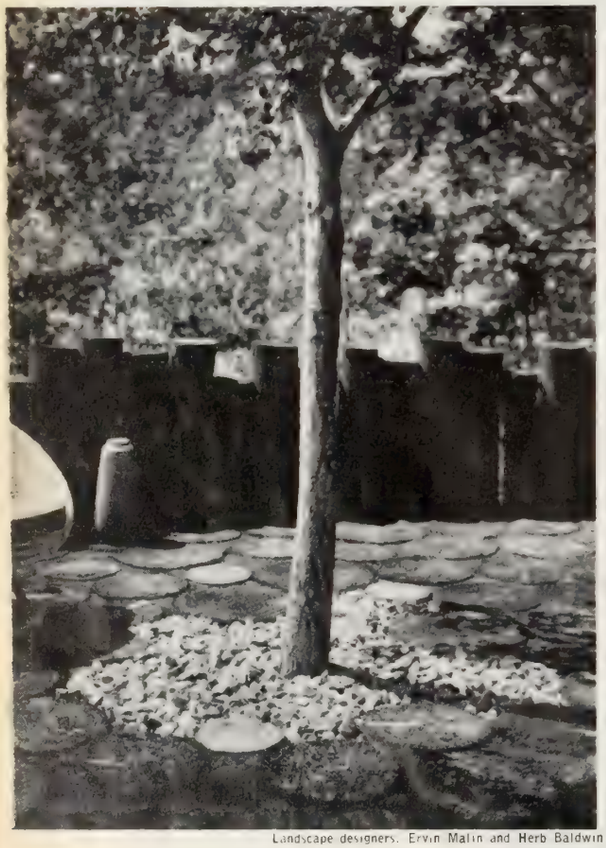
(Above photograph is 3 times actual size.)

Good little garden ideas

The small areas of your garden are as important as the big ones—and often tougher to handle because you have less space to work with. To come up with the right answers, study each spot and consider which construction and plant treatment will be best and require least maintenance.



Landscape architect: Jonathan Seymour



Landscape designers: Ervin Malin and Herb Baldwin

Above: A low-maintenance garden flows gracefully from within the screened patio to the outside terrace. The interior half-moon design is repeated to provide transition to the outside, and the effect is emphasized by continuing the same flagstone surface. Short cypress fence posts provide an appropriate rustic backdrop for the boulders and washed stones. These, in turn, contrast pleasantly with the exterior fine pebbles. Stone mulch discourages weeds and helps to retain moisture in soil. In warm climates, use low-growing holly, azaleas and carissa; in cold areas, substitute creeping euonymus, Oregon grape-holly. **Left:** An informal patio like this is right at home with its natural surroundings. The boundary line for the patio is made up of pieces of discarded telephone poles. Their heights vary from 24 to 34 inches—for appealing irregularity. Five-inch-thick tree rounds, ranging from eight to 22 inches in diameter, are sunk in blacktopping. Gravel fill in tree well allows for drainage and air for the roots. Since the leaves of this ginkgo tree fall in one day when they turn yellow, spread a tarp to save raking.



Landscape architects: Ralph N. Melin & Associates

Right: For a difficult spot where grass refuses to grow, try aggregate to cover the ground. This spot by a driveway entry was always damp and covered with algae. No plant would grow there except right next to the house. The area was improved at minimum cost by nailing in place 1x3 redwood dividers to make modules holding aggregate of different textures. Gray blast-furnace slag, selected gravel and crushed marble form the pattern—but choose any aggregate you like for your own situation.



Above: This low-maintenance patio is shaded by a honey locust tree. The tiny leaflets don't make the messy problem that larger leaves do. Hardy sedum in a square frame at the base is one of the lowest maintenance plants. Occasional pruning keeps it under control. Square slabs of slate carry out the lines of the overall design. Tall honeysuckle and low privet hedge along the patio work together to provide privacy from both drive and neighbors.

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ed by Louis M. Brown, aw authority and writer.)

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Easter dinner for 6

If your Easter guest list totals only five or six this year, use this menu plan featuring ham. It's been scaled down to eliminate any troublesome leftovers. The citrus appetizer, molded salad, and freezer dessert should be prepared a day in advance. On the day of the dinner, heat and glaze the ham, cook the vegetables, and heat the rolls. Then invite your friends and family to the holiday table.

Citrus Fruit Cup
Strawberry-glazed Ham*
Mashed Potatoes Gravy
Green Beans Amandine*
Cheddar Cheese Pineapple Salad*
Heat-and-Serve Rolls
Butter or Margarine
Frosty Mocha Wedges*
Coffee



Photographs: Dieter





STRAWBERRY-GLAZED HAM

Rosy glaze adds a springtime touch—

½ cup strawberry preserves
1 tablespoon cornstarch
3 tablespoons lemon juice
⅛ teaspoon ground cinnamon
⅛ teaspoon ground cloves
3- to 4-pound fully cooked boneless formed ham

In saucepan, combine strawberry preserves and cornstarch; add lemon juice, cinnamon, and cloves. Cook, stirring constantly, till mixture is thickened and bubbly.

Place ham on rack in shallow roasting pan. Score ham in diamonds, cutting only ¼ inch deep. Insert meat thermometer. Roast in 325° oven for 1½ to 1¾ hours. Spoon some glaze over ham. Continue roasting meat 20 to 30 minutes more or till meat thermometer registers 135° to 140°, basting ham occasionally with remaining glaze.

GREEN BEANS AMANDINE

Easy yet elegant—

¼ cup slivered almonds
¼ cup butter or margarine
½ teaspoon salt
2 to 4 teaspoons lemon juice
4 cups hot, cooked, drained green beans

In saucepan, cook almonds in butter or margarine over low heat till golden, stirring occasionally. Remove from heat; add salt and lemon juice. Pour over hot green beans. Makes 6 servings.

CHEDDAR CHEESE PINEAPPLE SALAD

Use leaf lettuce or endive as a garnish—

1 3-ounce package lemon-flavored gelatin
1 cup water
½ cup dairy sour cream
¼ cup mayonnaise or salad dressing
1 13½-ounce can crushed pineapple, undrained
½ cup (2 ounces) shredded sharp cheddar cheese
Lettuce

In medium saucepan, combine gelatin and water. Heat and stir till gelatin is dissolved. Beat in sour cream and mayonnaise. Stir in *undrained* pineapple; chill till partially set. Fold in cheese. Pour into a 4-cup ring mold. Chill till firm. To serve, unmold onto lettuce-lined platter. Fill center of ring with additional lettuce. Makes 6 servings.

FROSTY MOCHA WEDGES

A chocolate crust and coffee filling—

1 cup finely crushed chocolate chip cookies (10 cookies)
2 tablespoons butter or margarine, melted

• • •

½ cup milk
1 tablespoon instant coffee powder or crystals
1 pint vanilla ice cream
1 3¾- or 3⅝-ounce package *instant* vanilla pudding mix

Combine crushed cookies and melted butter or margarine. Reserve ¼ cup of the chocolate chip cookie crumbs. Line a 4-cup freezer tray with foil. Press remaining crumbs into bottom of tray.

In small mixer bowl, combine milk and coffee powder, stirring to dissolve coffee. Stir ice cream just to soften; add to milk mixture along with pudding mix. Beat at low speed with electric mixer or rotary beater for 2 minutes or till well-blended and slightly thickened. Turn into freezer tray. Sprinkle with reserved crumbs. Cover and freeze firm, at least several hours or overnight. Let frozen dessert stand 10 minutes before cutting into wedges to serve. Makes 6 servings.

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AMERICAN STANDARD

Cheering up a gloomy kitchen

Before remodeling, this kitchen was dark and isolated from the rest of the house. Now the kitchen/dining area is as bright and functional as any you'd find in a contemporary house.

Traffic used to be a knotty problem. The powder room, basement, and backyard were accessible only from the kitchen—and the kitchen was accessible only from the living and dining rooms. The refrigerator was located in the back hall, and there was no storage space for cleaning supplies or outdoor clothing.

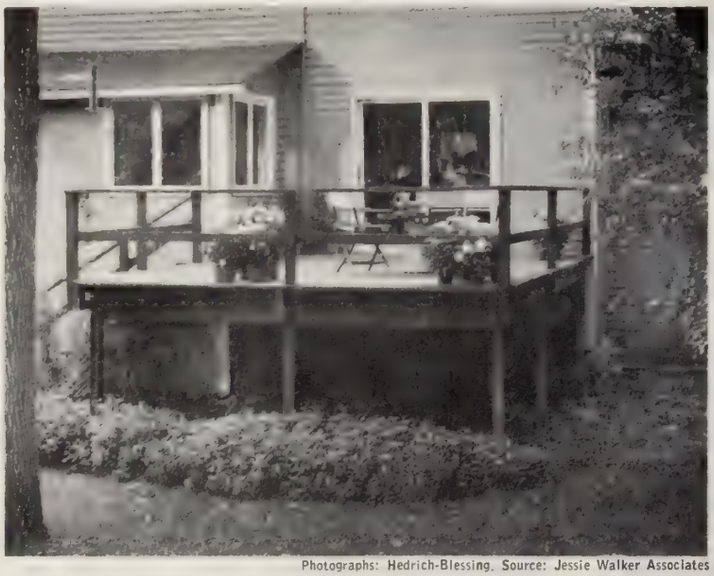
The traffic problem was solved by opening a doorway between the kitchen and the living room. A large storage closet was built in this hallway, and the refrigerator was moved to a more convenient location in the kitchen. Moving the bathroom and eliminating the pantry made the kitchen bigger.

Gloom was another problem. Small windows in the kitchen and dining room provided little light and no view. Now casement windows brighten the scene considerably. Wood-framed glass sliding doors provide much-needed light to the dining area and give access to the new deck.

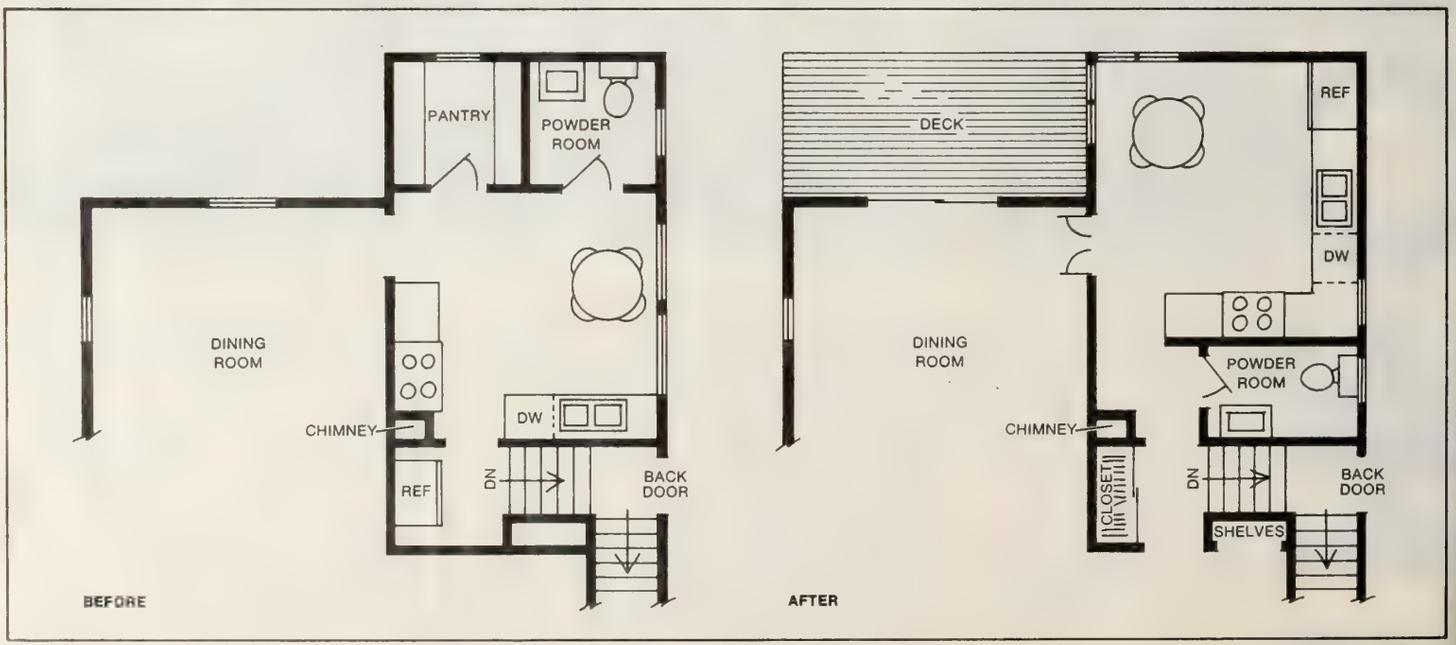
The deck—built of used lumber to keep costs down—provides an additional area for entertaining and family activities. Ferns provide an inexpensive, low-maintenance ground cover for the area surrounding the deck.







Photographs: Hedrich-Blessing. Source: Jessie Walker Associates



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GF
GENERAL FOODS

Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

HE COOKS GOOD FOOD FROM SCRATCH
Page 42 (top): White plate with brown trim, "Cane"—INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.

RECYCLING
Page 52: Numeral shirt—J. C. Penney Co., Inc. 1301 Ave. of Americas, N.Y., N.Y. 10019.
Page 53 (top right): Liquid leading—Magic American Chemical Co., 23700 Mercantile Rd., Cleveland, Ohio 44122; Glass stain—Cunningham Art Products, Inc., 1585 Stoneridge, Stone Mountain, Ga. 30083.
Page 54: Furniture—Ethan Allen Inc., Ethan Allen Dr., Danbury, Conn. 06810.
Page 55 (top left): Sofa—Heritage Furniture, Inc. 1690 English, High Point, N.C. 27260. (Top right): Headboard and nightstand—Thomasville Furniture Ind., Inc., Thomasville, N.C. 27360. (Bottom left): Twine—Indian Head Yarn and Thread Co., Anniston, Ala. 36201.

DECORATING: BIG EFFECTS FROM SMALL CHANGES
Page 72: Fabric—Waverly Fabrics Inc., 939 Third Ave., N.Y., N.Y. 10022.
Page 73 (left): Table—Burke, Div. Brunswick Corp., 5140 N. Westmoreland Rd., Dallas, Tex. 75247.
Page 74: Chest, carpet, lamps, bed coverings, and pillows—Sears, Roebuck and Company, 925 S. Homan Ave., Chicago, Ill. 60607.
Page 75 (top): "Country Check" sheets for bed and canopy, carpet, dresser lamps, vanity, chair, animal pillows on wall—Sears, Roebuck and Company, 925 S. Homan Ave., Chicago, Ill. 60607. (Bottom left): Fabric wall covering, area rug, towels, and wicker basket on wall for plants—Sears, Roebuck and Company, 925 S. Homan Ave., Chicago, Ill. 60607. (Bottom right): Towels, wicker wall cabinet, and wall-hung cubes—Sears, Roebuck and Company, 925 S. Homan Ave., Chicago, Ill. 60607.
Page 76: Loveseat—Hickory Chair Company, Hickory, N.C. 28601. Chest—Milling Road Furniture, 1661 Monroe Ave. N.W., Grand Rapids, Mich. 49502. "Regency" armchairs—Kittinger Co., Inc., 1893 Elmwood, Buffalo, N.Y. 14207.
Page 77 (left): Sofas—Simmons Company, 2 Park Ave., N.Y., N.Y. 10016. Sofa fabric—Waverly Fabrics, Inc., 939 Third Ave., N.Y., N.Y. 10022. (Right): Fabric panel "Marimekko" Design Research, Inc., 57 Brattle St., Cambridge, Mass. 02138. Chair—Beylerian, Ltd., 253 Fifth Ave., N.Y., N.Y. 10016.

TABLES: BIG EFFECTS FROM SMALL CHANGES
Page 78 (top): Dinnerware in foreground "Seville"—Doulton & Co., Ltd., 400 Paterson Plank Rd., Carlstadt, N.J. 07072. Dinnerware in background—Plastics Mfg. Co., 2700 S. Westmoreland Ave., Dallas, Tex. 75233. Flatware "Old English Tipt"—Gorham, Providence, R. I. 02907. Plastic glasses—Vincent Lippe Corp., 225 5th Ave., N.Y., N.Y. 10010. (Lower): Dinnerware "Fidelia"—Gorham, Providence, R.I. 02907. Flatware—Supreme Cutlery Corp., 1214 Broadway, N.Y., N.Y. 10001. Glassware "Tortoise"—Arthur M. Miller Associates Ltd., 225 5th Ave., N.Y., N.Y. 10010. Shaker—Dansk Designs Ltd., Radio Circle Rd., Mt. Kisco, N.Y. 10549. Plexiglas®—Rohm and Haas Company Independence Mall West, Philadelphia, Pa. 19105.
Page 79 (top): Dinnerware "County Fair" and flatware "Plymouth Rock"—Oneida, Oneida, N. Y. 13421. Porringer—International Silver Co., Meriden, Conn. 06450. (Lower): Dinnerware "Butterfly Gold"—Corning Glass Works, Consumer Products Div., Corning, N.Y. 14830. Flatware "Spanish Scroll"—Gorham, Providence, R.I. 02907. Goblets—Georges Briard, Inc., 525 Dell Rd., Carlstadt, N.J. 07072.



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Before Tender Vittles my kitchen was bulging with stuff my cat wouldn't eat. Big cans. Little cans. Anchovies in catnip sauce. And more. I'd serve them. She'd hide under the bed until I took them away. With Tender Vittles it's different. She eats every moist bite, every day. She even eats all six flavors!



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Purina Tender Vittles.

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For your pet's health see your veterinarian annually.

HOW TO MAKE THE MOST OF THOSE HOMEGROWN VEGETABLES
Page 88 (lower left): Square bowl, Byrd Plastic, Inc., 2953 W. 12th St., Erie, Pa. 16505. Rectangular bowl—B.I.A. Cordon Bleu, Inc., 225 5th Ave., New York, N.Y. 10010.
Page 90 (clockwise beginning at top center): Pot—H. E. Lauffer Co., Inc., 225 5th Ave., N.Y., N.Y. 10010. Casserole—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y. 10549. Casserole—Rosenthal-Netter, Inc., 225 5th Ave., N.Y., N.Y. 10010.
Page 91 (left middle): Bowl—Copco, Inc., 230 5th Ave., N.Y., N.Y. 10001. (Left bottom): Casserole—Copco, Inc.
Page 92 (lower right): Casserole, Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y. 10549. Rectangular Casserole—United States Stamping Co., Div. of Lisk-Savory Corp., Fostoria Ave., P.O. Box M, Moundsville, W. Va. 26041.
Page 93 (top left): Casserole—Rosenthal-Netter, Inc., 225 5th Ave., New York, N.Y. 10010. (Right middle): Casserole—Dansk Designs, Inc., Radio Circle Road, Mt. Kisco, N.Y. 10549. (Right bottom): Skillet—Columbian Enameling & Stamping Co., Inc., Div. of Gen. Housewares Corp., P.O. Box 4066. Terre Haute, Ind. 47804.

SPRING SEWING
Page 94 (left): Plaid and red fabric—J. P. Stevens & Co., Inc., 1185 Ave. of Americas, N.Y., N.Y. 10036.

BAKED ALASKA MADE EASY
Page 96 (middle): Spoon, Cosmos Products Co., 2145 Marion Place, Baldwin, N.Y. 11510. Coffeepot—Rockville International, Inc., 225 5th Ave., N.Y., N.Y. 10010. Plate—"Dewdrop" by H. E. Lauffer Co., Inc., 225 5th Ave., N.Y., N.Y. 10010. (Right): Pie plate—Pyrex, Corning Glass Works, Corning, N.Y. 14830.

PRIZE TESTED RECIPES
Page 99 (left): Plates, "Staccato" Lenox, Inc., Prince & Meade; Trenton, N.J. 08605. (Right): Plate, saucer, cup, "Centura"—Corning Glass Works, Corning, N.Y. 14830. Fork, "Danish Scroll" Stainless—International Silver Co., 500 S. Broad, Meriden, Conn. 06450.
Page 100 (top left): Plates—Independence Ironstone by INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (Top right): Casserole—Gwen Childs, 329 Traci Ln., Ridgecrest, Calif. 93555. Basket, F. O. Merz & Co., Inc., 100-110 N. 63rd St., Philadelphia, Pa. 19139. (Lower right): Salt and peppers—Dudley Kebow, Inc., 2631 Southwest Dr., Los Angeles, Calif. 90043.

GUIDE TO ORIENTAL INGREDIENTS
Page 112: Paring Knife—Ekco Flint Housewares Co., 9234 W. Belmont Ave., Franklin Park, Ill. 60131.

WHOLESOME WHOLE GRAIN BISCUITS
Page 132: (top): Plate—"Woodspice" Temperware by Lenox, Inc., Prince & Meade, Trenton, N.J. 08605.

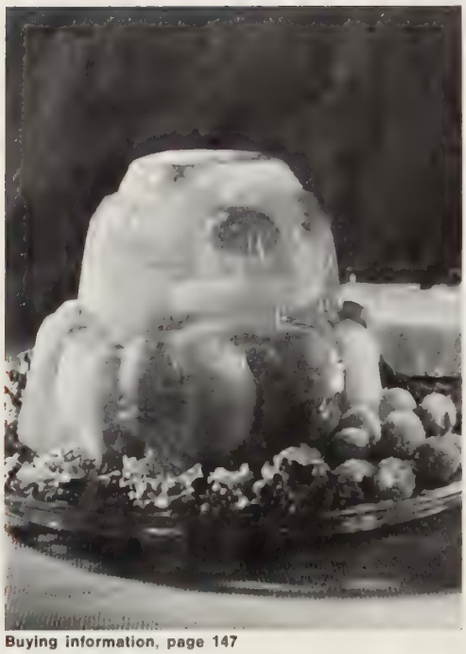
CHOOSING CHOCOLATE
Page 134: Pie plate—Corning Glass Works, Corning, N.Y. 14830. Dessert plates—"Indigo" by Franciscan—INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.

SHAPELY FOOD IDEAS
Page 148 (left): Plate, Pyrex by Corning Glass Works, Corning, N.Y. 14830. Bowl—Fostoria Glass Co., 1200 First St., Moundsville, W. Va. 26041. (Center): Fork—"Harmonique" by International Silver Co., 500 S. Broad, Meriden, Conn. 06450. Pitcher—"Duet" by Mikasa, 25 Enterprise Ave., Secaucus, N.J. 07094. (Right): Round board—Etco Ind., Inc., 225 5th Ave., N.Y., N.Y. 10010.

FULL EMPLOYMENT FOR ELECTRIC SKILLETS
Page 152 (left): Dinner plates "Sand Dunes"—Lenox, Inc., Prince & Meade, Trenton, N.J. 08605. Ford "Scandia"—Cosmos Prods. Co., 2145 Marion Place, Baldwin, N.Y. 11510. (Middle): Bowl, cup, and saucer "Mist"—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y. 10549. (Right): Dinner plates—Franciscan Pottery "Sierra Sands"—INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.

Shapely food ideas

Despite their fancy names—like kugelhof, savarin, and trois freres—fancy molds offer an easy way to glamorize everyday meals. These vital tools of the trade come in a variety of sizes and shapes for breads, salads, main dishes, and desserts. To start you off, here are three good-looking food ideas.







Photographs: Dieter

Buying information, page 147

GRAPE AND GRAPEFRUIT MOLD

A cluster of frosted grapes adds another decorative touch—

2 envelopes unflavored gelatin
½ cup sugar
1 cup water
1 16-ounce can sweetened grapefruit sections
Unsweetened grapefruit juice (about 1¼ cups)
¼ cup lemon juice
Several drops yellow food coloring
2 cups seedless green grapes

In a medium saucepan, combine gelatin, sugar, and water. Cook and stir over low heat till gelatin and sugar are dissolved. Drain grapefruit, reserving syrup. Add enough unsweetened grapefruit juice to reserved syrup to make 2¼ cups. Add to gelatin mixture with lemon juice and food coloring. Chill till partially set. Fold grapefruit and grapes into gelatin. Carefully pour into 6-cup alpine mold. Chill till firm, 6 hours or overnight. Unmold on lettuce. Serve with *Pineapple Dressing:* In small saucepan, combine 3 tablespoons sugar, 4 teaspoons cornstarch, and ¼ teaspoon salt. Blend in 1 cup unsweetened pineapple juice. Cook and stir over medium heat till thickened and bubbly. Blend a moderate amount of hot mixture into 1 beaten egg yolk; return to saucepan. Cook and stir over low heat 1 to 2 minutes more. Add 1 teaspoon lemon juice; cool. Gradually stir mixture into ¼ cup mayonnaise or salad dressing; chill. Beat 1 egg white to soft peaks; gradually add 1 tablespoon sugar, beating to stiff peaks. Fold in mixture. Makes 10 to 12 servings.

MINI APPLE HAM LOAVES

Small fluted tube pans fancy up meat loaf served with poached apple slices and a tossed salad—

¾ cup finely chopped, cored, pared cooking apple
¼ cup chopped onion
2 tablespoons butter or margarine, melted
2 beaten eggs
¼ cup milk
1 15-ounce can (2 cups) tomato sauce
¾ cup crushed rich round crackers (about 18 crackers)
1 pound ground fully cooked ham
1 pound ground fresh pork
¼ cup packed brown sugar
1 teaspoon prepared horseradish
Poached apple slices (optional)

Cook finely chopped apple and chopped onion in the melted butter or margarine till tender but not brown. Combine beaten eggs, milk, ¼ cup of the tomato sauce, crushed crackers, and the apple mixture. Add ground ham and pork; mix well. Pack meat mixture firmly into six 1-cup fluted cupcake pans. Place on baking sheet. Bake in 350° oven 30 minutes. Carefully invert cupcake pan onto baking sheet. Remove pan to uncover loaves.

Combine the remaining tomato sauce, packed brown sugar, and prepared horseradish. Brush ham loaves with some of the tomato mixture. Return to oven and bake 20 minutes more, basting meat loaves with tomato mixture several times. Heat remaining sauce; pass with meat loaves. Garnish each serving with poached apple slices, if desired. Makes 6 servings.

CHERRY PECAN COFFEE CAKE

Coat the greased kugelhof mold with fine bread crumbs so the bread will be easy to remove after baking—

4 cups all-purpose flour
1 package active dry yeast
½ teaspoon salt
½ teaspoon ground cardamom
• • •
1½ cups milk
½ cup sugar
½ cup butter or margarine
• • •
2 beaten eggs
1 cup coarsely chopped candied cherries
½ cup chopped pecans
1 tablespoon butter or margarine
3 tablespoons fine dry bread crumbs

In large mixer bowl, combine 2¼ cups of the flour, the yeast, salt, and cardamom. In saucepan, heat milk, sugar, and the ½ cup butter or margarine just till warm (115° to 120°), stirring to melt butter. Add to flour mixture in mixer bowl; add eggs. Beat at low speed of electric mixer ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in remaining flour, cherries, and pecans. Cover; let rise in warm place till double, about 1 hour.

Meanwhile, generously grease a 3-quart kugelhof mold with the 1 tablespoon butter. Coat mold with bread crumbs. Stir down batter. Let rest 10 minutes. Turn into mold. Cover; let rise till double, about 45 minutes. Bake in 375° oven 45 to 50 minutes or till done. Cover with foil after first 25 minutes of baking. Remove from pan; cool on rack. Makes 1 coffee cake.



Should a woman use Tide just because Speed Queen packed a coupon for a free box in her new washer?

Virginia Jones says no.

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Virginia Jones, Lancaster, Pa.

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Crafts You Can Make For Spring
from Better Homes and Gardens



Pansy Pillow Have you ever seen a more beautiful pillow? Bursting with color, these brilliant pansies are the perfect decorator touch for any room in your home. You'll be admired by everyone for your handiwork and your choice of design. Kit comes complete with design stamped on lime linen, piping, zipper, easy instructions and needle. Pillow is a big 16″x16″ square. (Pillow form not included).
Kit No. 00419 Pansy Pillow $7.49 each; 2 for $13.98



Happiness Tree Sampler Remember the important things in life this charming way. Beautiful but simple, you can put this anywhere in your home. It will add happiness where-ever displayed, and your family and friends will admire your handiwork. Kit comes complete with design printed on 100% Belgian linen, bright, cheerful embroidery thread, and easy to follow instructions. Fits our 14″x18″ solid wood walnut finished frame. **Kit No. 00466 Happiness Tree $2.25 each; 2 for $3.99. Frame No. 00098 $7.50. Kit and Frame No. 00012 $8.25 each; 2 for $15.99**

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- ☐ **No. 00012 Kit and Frame $8.25 each; 2 for $15.99**

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How much to house a horse?

Once, owning a horse was a privilege largely limited to the rural and the rich. It's a different story today. More and more people are finding it financially feasible to keep a horse.

After you've paid for the horse, tack, and equipment, what will it cost you to maintain him at today's prices? That depends in part on where you live. Obviously, horse-keeping is cheapest in the country, and most expensive in large urban areas. The cheapest way of all is to keep your horse in your own barn and pasture, on your own property, in a climate where grazing is year-round. Then your expenses are minimal: a little grain to supplement the grass; shots and wormings once or twice a year; bedding if the horse is confined inside part of the time, and usually shoeing. If the horse has good feet and is usually ridden on soft surfaces, the shoeing can often be dispensed with.

For city dwellers, the cost picture isn't as rosy. If you live in a large city and want to house your horse nearby, your costs will include boarding him at a stable, buying hay (as well as grain) year-round, transportation to and from the stable when you want to ride, transportation for the horse to get him to the stable in the first place and to horse shows, trail rides, etc. In many stables the grooms require gratuities. And, keeping a city horse in shoes is a sizable expense because they wear quickly on paved surfaces.

Here is what horse owners around the country are currently paying to maintain their mounts.

Boarding

In the rural Midwest, about $5 a month for pasture and rough shelter only; $20 a month, near a small Midwest city, for pasture, rough shelter, and year-round hay; $70 a month in a Midwest city for stabling, feed, daily care, exercise; $70 a month in suburban New York for stall, bedding, feed, vitamin supplements, and grooming; $125 a month in suburban New Jersey for the same services; $155 a month in suburban California for full-service boarding plus training; $157 a month in New York City for stall, feed, care, but no exercise.

Hay

This stable staple costs from 50 cents a bale in rural areas where it can be bought directly from the farmer, to $2.50 a bale in urban California, but in mos areas it is $1 to $1.50 a bale. bale will last from one to tw days, depending on the size of th bale, the amount the horse ma waste, and the amount the ind vidual horse needs to maintai proper weight. Costs of hay ma vary somewhat from year to ye depending on the weather an crop conditions.

Grain

Oats cost from $80 to $160 ton, or $4 to $8 a hundr pounds. Again, the cost is highe in metropolitan areas. A hor that is confined and gets litt exercise would need only a sm ration of oats each day; two three pounds usually suffic However, many horse owne prefer to feed one of the n commercial horse feeds conta ing a mixture of grains and nut tive supplements. These fee may be twice as expensive as o alone.

Bedding

If you are housing your o horse you will need to buy b ding. Straw, the old stand usually costs from 50 cents a b to $1 a bale. However, in urb California a bale of straw cost up to $4 a bale. Many stab now use some form of wo shavings for bedding rather th straw. Prices range from free you truck it yourself and live an area where wood is milled. $1.50 to $1.75 for a bale.

Inoculations

Tetanus shots, usually gi every year, cost from $3 to $ Sleeping sickness shots, also annual procedure, cost from to $10 or more.

Looking back over the you'll note that the total ho keeping costs range from as l as $301 per year (just over per month) in the rural Midv to $2,600 per year (almost $ per month) in some areas Southern California. Natur there's going to be a great dea variation in any given locale shop carefully. In addition to basic maintenance expenses ered here, you can expect o costs to crop up from tim time, such as veterinary care injuries or illnesses, and me costs for rider injuries.

Obviously, the original co horse and tack is a small in ment compared to maintai him properly for ten to 15 y If you're just looking forwa weekend rides, you may be b off renting a horse at a r stable. But if you're convi you're cut out to be an equest you'll find keeping a horse worth the cost. ■

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Has your electric skillet slipped into semi-retirement, working only when there's chicken to fry or stew on the menu? To get full value from this versatile appliance, let it take over deep frying, panbroiling, braising, stewing, baking, and warming jobs, too.

Although electric frypans are well known for their reliable performance with poultry and meat, they're also great to use for many other types of food:

- Steam vegetables by placing water in pan and bringing it to a boil; put vegetables on rack. Close the vent and cover. The control setting should be on simmer.
- Heat buns, rolls, and sweet breads, and freshen crackers, chips, and nuts in your electric skillet. Preheat the skillet at a lower temperature and heat foods, covered, with the vents closed.
- Heat individual frozen meat pies. Place pies on the rack in skillet, cover pan with the vents closed, and heat.
- Bake apples, cakes, muffins. Preheat pan to the temperature that's recommended by manufacturer. Place the baking dish on rack, then cover the frypan immediately.

Photographs: Dieter

Buying information, page 147



TACO PEPPERS

Serve with hot corn sticks—

6 green peppers
1 15-ounce can tamales in sauce
1 15½-ounce can chili with beans
1 cup (4 ounces) shredded sharp natural cheddar cheese
¼ cup catsup
¼ cup chopped onion
1½ cups tortilla chips, crushed (¾ cup crushed)

Cut peppers in half *lengthwise;* remove stems, seeds, and membrane. Cook peppers in a large amount of boiling, salted water for 5 minutes. Drain and salt insides lightly. Drain tamales; slice in ¼-inch pieces. Combine chili, ½ cup of the cheese, the catsup, and onion; fold in tamale pieces. Fill peppers with the chili mixture. Place peppers in electric skillet; pour hot water around peppers to depth of ¼ inch. Cover; simmer with vent open for 25 minutes or till filling is heated through and peppers are tender. Top peppers with the remaining cheese; sprinkle with crushed tortilla chips. Heat, uncovered, 1 to 2 minutes more or till cheese begins to melt. Makes 6 servings.



CHERRY-BANANA PUFF

This electric-skillet version of pudding cake tastes extra good with cream—

1⅓ cups sugar
¼ cup quick-cooking tapioca
2 16-ounce cans pitted tart red cherries, undrained
2 cups sliced bananas (3 medium bananas)

• • •

4 egg whites
½ teaspoon cream of tartar
¼ teaspoon salt

• • •

4 egg yolks
⅔ cup sugar
¾ cup sifted cake flour

In electric skillet, combine the 1⅓ cups sugar and the tapioca; stir in *undrained* cherries. Let stand 5 minutes. Add bananas; bring mixture to boiling. Reduce heat; cook and stir till mixture is thickened and bubbly. Keep warm.

Beat egg whites till foamy; add cream of tartar and salt, beating to stiff peaks. Beat egg yolks till thick and lemon-colored; gradually add the ⅔ cup sugar, beating thoroughly. Fold yolk mixture into egg whites; fold in flour. Spread over cherry mixture in skillet. Cover skillet. Simmer (220°) for 25 to 30 minutes. Sprinkle top lightly with additional sugar and ground cinnamon, if desired. Serve warm. Makes 12 servings.



CHICKEN SUPREME

A quick meal-in-a-skillet—

2½- to 3-pound broiler-fryer, cut up
1 cup water
¼ cup chopped onion
1 teaspoon celery salt
Dash pepper
1 cup long-grain rice
1 16-ounce can cut green beans, drained
1 can condensed cream of mushroom soup
½ cup milk
¼ cup mayonnaise or salad dressing
½ cup grated parmesan cheese
2 tablespoons chopped pimiento
¼ teaspoon worcestershire sauce
Paprika

Place chicken in electric skillet. Add water, onion, celery salt, and pepper. Cover and simmer with vent closed 20 to 30 minutes or till chicken is almost tender. Remove chicken. Measure broth in skillet; add enough water to broth to make 2 cups liquid. Stir uncooked rice, beans, soup, milk, mayonnaise, cheese, pimiento, and worcestershire into broth in skillet. Add chicken. Cover; simmer 30 minutes or till rice is done. Sprinkle with paprika. Makes 4 to 6 servings.



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How to pick stereo headphones

If you're wondering why serious hi-fi listeners buy headphones—and use them incessantly—test a pair at your local sound shop. The instant you put them over your ears, you'll find yourself almost overcome by the concert-hall world they create. The softest musical notes linger clear and sharp, unmarred by outside sounds. Louder passages seem to envelop you without any jarring distortions. At times instruments and voices come from distinct directions—some from one side, some from another, some even from above or behind you. Instead of just listening to music, you're immersed in it as though you'd slipped into a pool of sound.

And there are other advantages to stereo headphones. You can turn up the volume if you choose, without disturbing your family or neighbors. And because outside noise is shut out, you don't need to crank the volume up for soft passages and back down for loud ones.

Yet exciting as headphones are acoustically, they do have a few limitations. When you're wearing the phones, you're more or less tethered to your hi-fi; however, cords range up to 20 feet on some models, and extensions are available as well. In any case, you have to keep track of the cord while you listen or you may end up pulling the headphone jack out—or the set onto the floor. Headphones can become a bit uncomfortable when worn for a long time, especially in warmer weather. When shopping, try them on for a while at the store—or be sure you can return them if they don't fit.

The three choices

Most headphones are the *conventional dynamic style*. They weigh around a pound or so, and form a tightly sealed cone around your ear. Unlike headphones used for communication (which have metal diaphragms), these have moving-coil dynamic speakers operating in a confined air space. The combination of the sealed air volume and the moving coil lets you hear the low frequencies as clearly as you can with standard room speaker systems.

Some of the newer dynamic headphones are designed to fit flat on the ear, without forming a tight seal around it. These *open-air headphones* are considerably lighter, since a flat layer of foam plastic substitutes for the heavier ear cup of the conventional headphones. Since the flat headphones rest lightly against the ear, they aren't as warm; however, more outside noise filters in through the foam cushion.

Newest of the headphones are the *electrostatics*, which are more complicated in design. Because they operate on a different principle than the dynamic headphones, the electrostatics need higher voltages. They connect directly to the speaker terminals on your set, rather than to the headphone jack socket. Some models, called self-energizing, generate their own high voltage; others come with an adapter unit.

The electrostatics are rated the best headphones by some because their design makes possible wider, smoother frequency responses. Still, when electrostatics distort (which is what happens when you turn the volume too high and the sound breaks up), they distort quite a bit. And, while you'll hear more of the higher frequency sounds, you'll also hear record surface noises and tape hisses.

Along with the new electrostatics, you'll find the *quadraphonics*—the equivalent of four-channel room speakers. Since they are relatively new, there are fewer models to pick from. When a decoder (which splits your stereo signals into four channels) is linked with quadraphonic headphones, their sound seems to take on another dimension; without a decoder—and its rear-channel amplifier—the quadraphonics still tend to sound better than regular stereo headphones, but not dramatically so.

What they cost

When compared with good-quality stereo speakers, stereo headphones are relatively inexpensive. They range from $20 to $100 or so a pair. Still, to get a pair that will do a good job, you should expect to pay from around $40 to $70. For an electrostatic headphone, the price tag is usually higher; those with a voltage adapter run about $150. Self-energizing electrostatics, with built-in voltage-boosting ability, are higher still—though the price here too depends on quality.

Surprisingly, the quadraphonic headphones aren't significantly higher than the stereo units. They start at around $60 for a good pair, on up to $85 for some models. Yet when you consider you have to purchase a decoder and rear channel amplifiers (about $100), the investment is considerably larger.

Which one for you?

Among the stereo headphones, the conventional dynamic models and the electrostatics resemble each other closely in appearance. Both are made to surround the ear with a thick, flexible strip forming an air-tight space between the driver cones (speakers) and your ear. The headphones weigh from a pound or so on up toward two pounds, with a comfortably cushioned headband supporting them on your head. As mentioned before, the conventional dynamic headphones do well at reproducing sound accurately—and there's a comparatively large number of models to choose from. Electrostatics and their voltage adapter units are newer, costlier, and—according to some headphone experts—superior in sound quality. Still, you should take time to check model against model to decide whether the sound reproduction is worth the extra cost to you.

The featherweights of the stereo headphones are the open-air type; some weigh as little as seven ounces. Since they're made to fit flat on the ear, they are smaller and far less bulky. Though there are fewer open-air models to pick from, they can be just as good technically as the conventional dynamics or the electrostatics. Since open-air headphones don't form a sound-proof cushion around your ear, they're cooler, and they do a fine job in relatively quiet rooms. For homes where the noise level is unusually high—either inside or out—the conventional dynamic speakers will block out more distracting sounds.

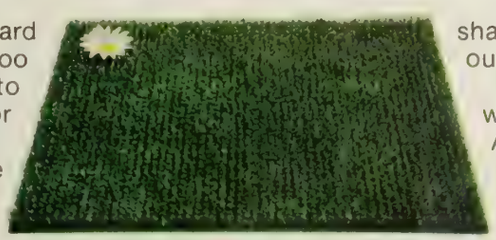
The quadraphonic headphones represent a new concept in headphone listening. Coupled with a decoder-amplifier accessory unit, they provide a listening experience that almost duplicates room-size quadraphonic systems. Though there aren't as many quadraphonic headphones available, and they are more expensive, you should test a set before you decide on a headphone system. You may find the difference well worth paying for. ■

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Adding an outdoor outlet

Power to the patio—or anywhere you need it outdoors—is easy to get. Just tap into your home's electrical system at a junction box.

You'll find the box—where wiring runs are joined—between the joists or rafters in your attic or basement. The box will have only a cover plate—no switches or receptacles.

If the box has at least one knockout remaining, you can probably use the box as a feed for the new outlet. To be sure, figure the maximum allowable wattage for the circuit. Multiply the line voltage times the amperage of the circuit (i.e., 120 volts x 15 amps =1800 watts). Then total the wattage of everything now on the circuit plus everything you plan to use at the new outlet. If the total is less than the maximum allowable circuit wattage, you needn't worry about overloading the circuit.

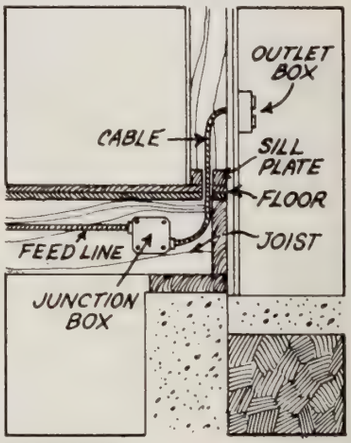
Now find a convenient spot outside for the new outlet. With a small diameter drill, punch a hole through the siding and sheathing. If the siding on your home is masonry, you'll need a masonry drill.

Using the face of the exterior waterproof outlet box as a template, mark the outline of the box on the siding, aligning it over the small hole you drilled. Enlarge this hole with a bigger drill bit so you can start a keyhole saw to cut around the lines for the box, if the box is to be recessed into the siding. For masonry siding, you will have to use a cold chisel or brick chisel to open the wall for the outlet box.

If the outlet box won't be recessed in the sidewall of the house, you'll save lots of cutting or chiseling time. But make sure the outlet box is certified for outdoor use.

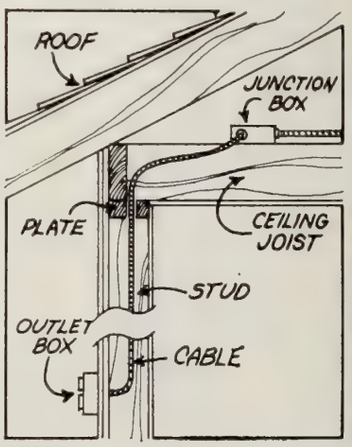
Now enlarge the pilot hole for the cable. The type of cable you use depends on local electrical codes. Be sure to ask your building supply dealer about the policy in your area.

To connect the new outlet, run a length of either grounded nonmetallic cable, thin-wall conduit, or BX from the junction box to the outlet box. Allow six inches of wire at both ends for connections you'll make later.



BASEMENT

Running the cable from the basement is easiest. Using an electrician's drill, bore through the subfloor and the sill plate—between the studs. Use a fish wire to snake the cable through the hole and between the studs.



ATTIC

If you don't have a basement, you can run the cable from a junction box in the attic. Drill through the plate and fish the wire down between the studs.

Use cable connectors to secure the cable to the junction box and the new outlet box.

At the junction box, connect the ground wire to the box itself. Connect the black wire to the existing black wire, and white to white.

After installing the outlet box, connect the black wire to the brass screw and the white wire to the silver screw on the outlet. Attach the ground wire from the box to the grounding screw on the outlet. Then fasten the special waterproof cover to the box.

Finally, push silicone caulking material around the cable and the edges of the box, to block water seepage.


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An unconventional kitchen remodeling

This was a classic old kitchen—charming, but in noticeably poor repair. The assets were salvaged and the defects minimized with the personal style and designer talents of the homeowner.



Photography: Harry Hartman Source: Eileen Leubecker Designer & Owner: Ray Lawson

Instead of lining look-alike walls with cabinets, the homeowner/designer built a freestanding system from rough-sawn cedar. The system can be completely disassembled and taken along if he ever moves. Overhead, a grid-patterned structure lowers the high ceiling, making the kitchen cozier.

Open shelving works well for stacking dishes, and shows off wine glasses and vacation treasures such as Mexican baskets, plaques, and pottery jugs. The telephone was incorporated into a nook with a light, message board, and counter top. The system frames a 21-bottle wine rack above the phone and provides shelves for odd-shaped bottles and jug wines on the side. Serving pieces, table linens, and tall bottles are stowed in the closed cabinet below.



A built-in counter/window seat creates an oasis in a kitchen window. Plants hang from ceiling hooks to catch the sunlight; antique mesh baskets add to the homey look. Niches in the window seat counter handily store French slicing and chopping knives; large soup tureens, crocks, and bean pots stand uncrowded underneath. Those cumbersome coffee-table cook books stand tall in open shelves between the window and the dining room doorway. Even the backsplash is used to its greatest potential—wooden mallets and spoons hang over the drainboard for easy access.



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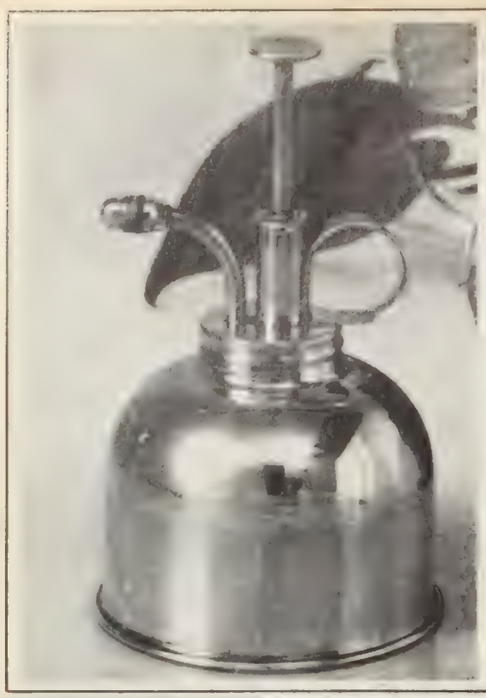
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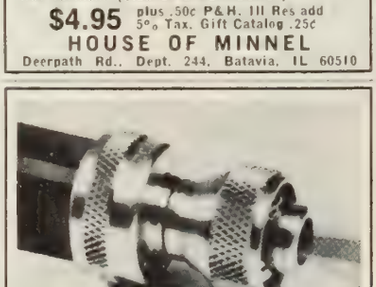
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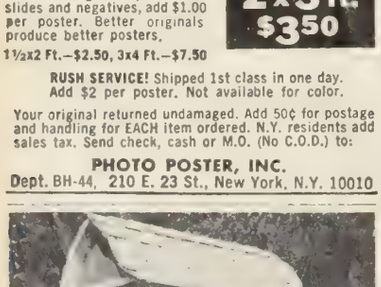


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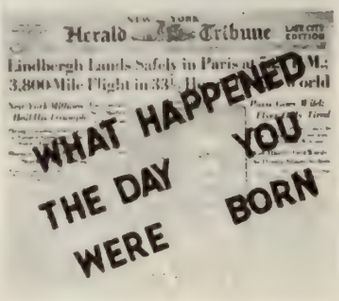
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by Ann Lively



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continued

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Magicwindow is printed on fine art stock, and unlike any other art print you've ever seen, it looks already framed, so all you need do is mount it on any inexpensive flat backing and place it on the wall. As if by magic, your room seems larger, lighter, your eye is drawn to it as if it were a real window—through which you can see charming memories of happy times long ago.

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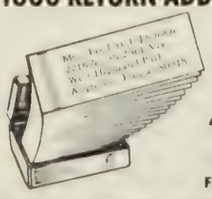
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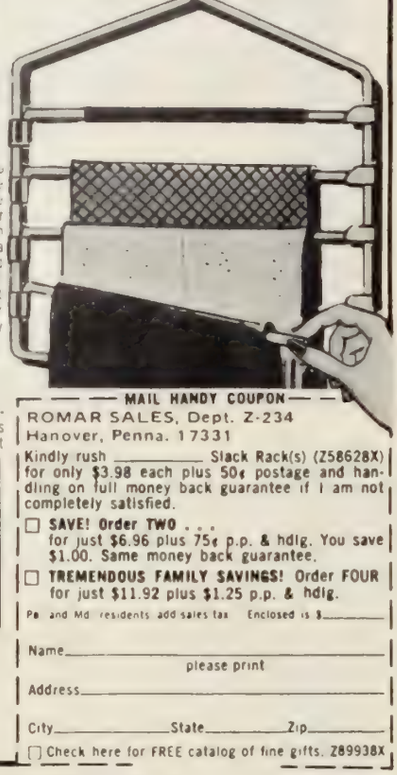
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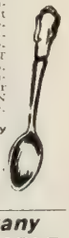
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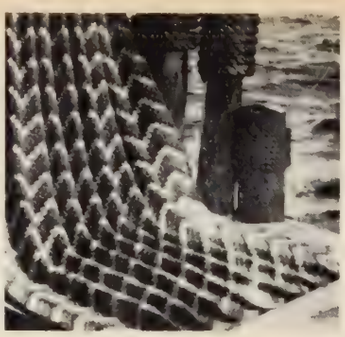


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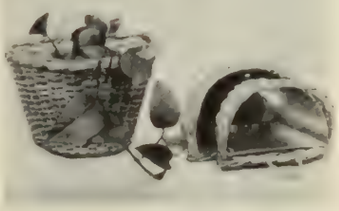
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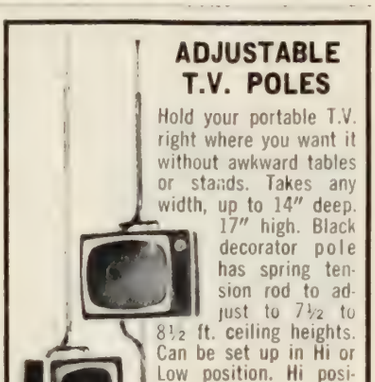
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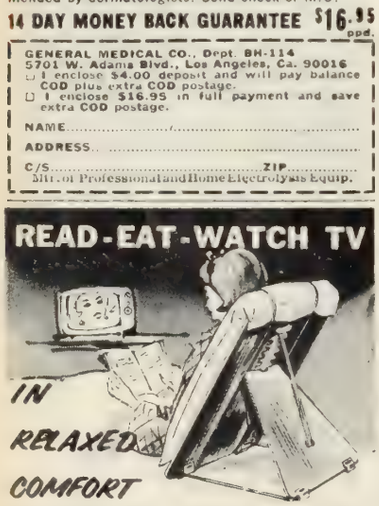
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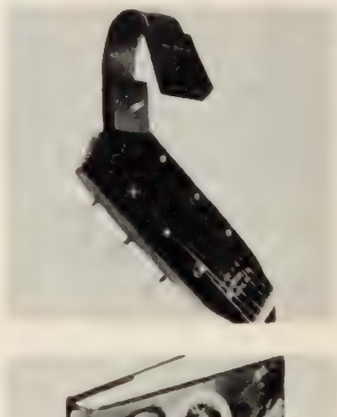
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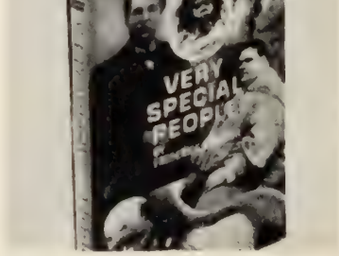
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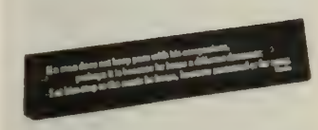
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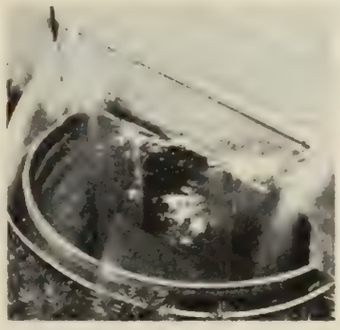
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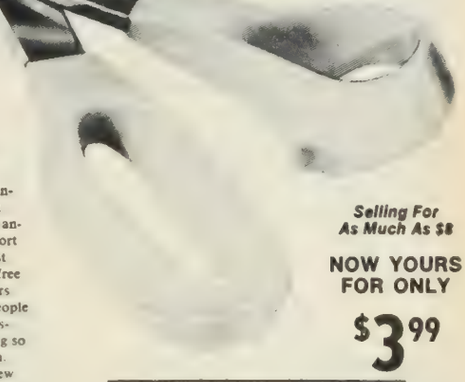
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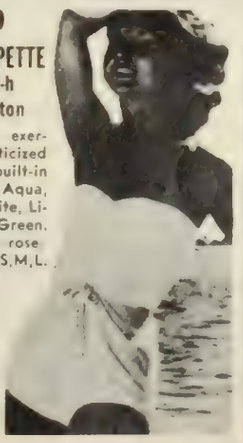
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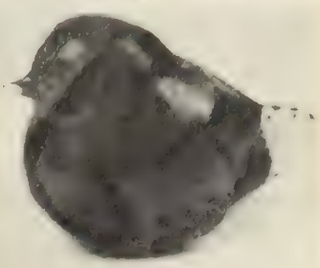
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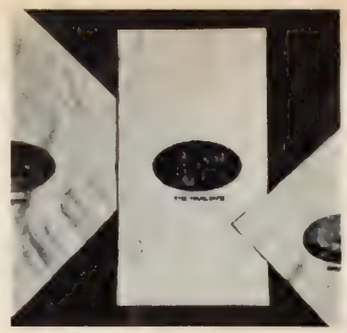
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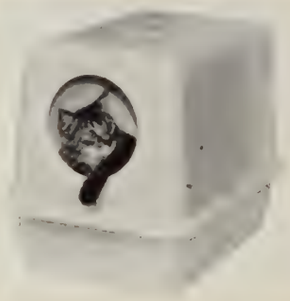
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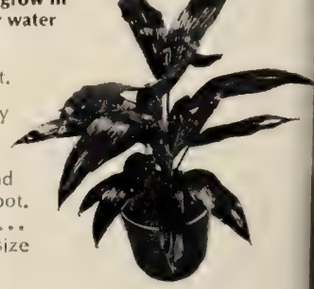
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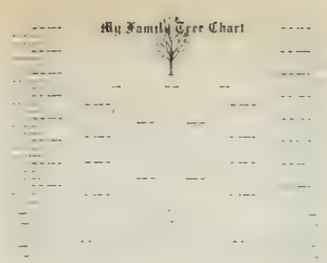
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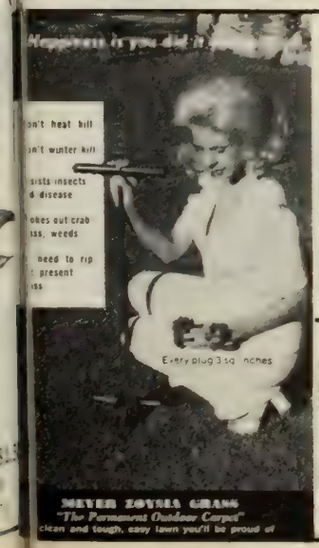


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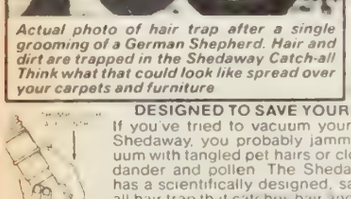
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...and you're left with nothing but hairs from your shedding pet on the floors—on the furniture—on the walls—on the carpets, do you throw your hands up in despair? Wait... don't fret another minute. Now, if you love your pet, there's an easy way to keep your home free from loose pet hairs... eliminate the fatigue of grooming your pet... even aerate and massage your pet's coat for a more healthy and lustrous look. The amazing Shedaway System gently removes dead hairs, dirt, pollen, dander. It even cleans pet mats... all quickly and easily with little mess.

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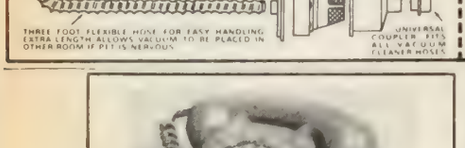


Actual photo of hair trap after a single grooming of a German Shepherd. Hair and dirt are trapped in the Shedaway Catch-all. Think what that could look like spread over your carpets and furniture

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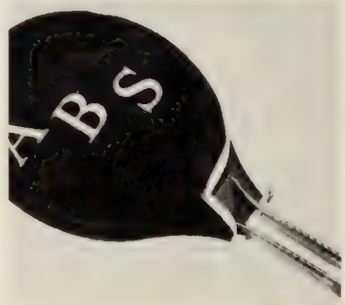
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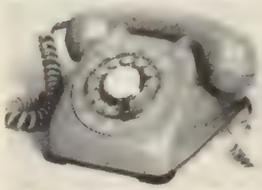
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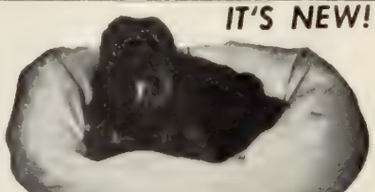
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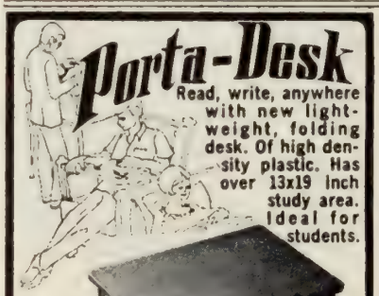
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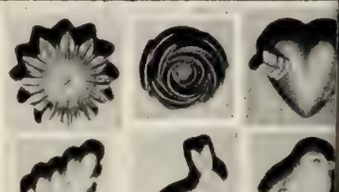
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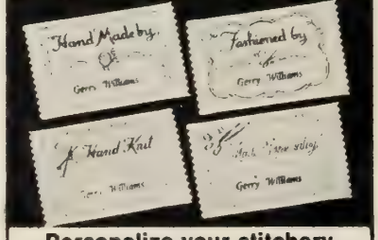


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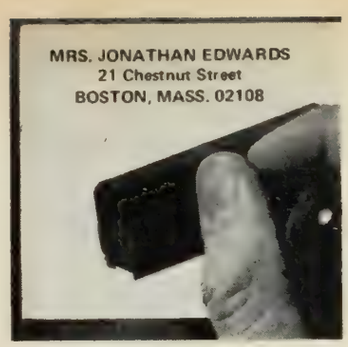
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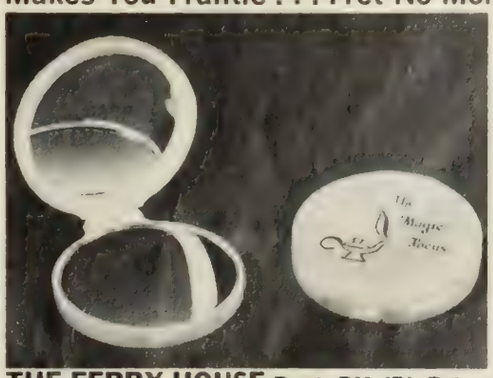
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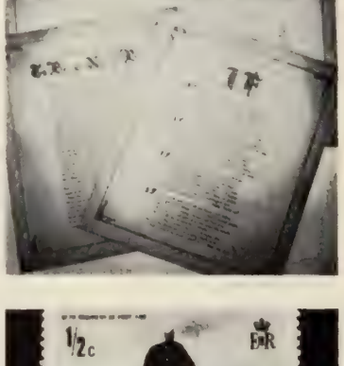
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All your favorite recipes will be neatly held together in this walnut wipe-clean thermoplastic chest. There's room for loose recipes, clippings, notes, stamps, coupons, etc. Holds thousands of 3" x 5" cards (not incl.). Top lid doubles as a reading stand for 2 cards. 21 preprinted tab separators. $5.98 + $1.00 post. Holiday Gifts, Dept. 404-M, Wheat Ridge, Colo. 80033.



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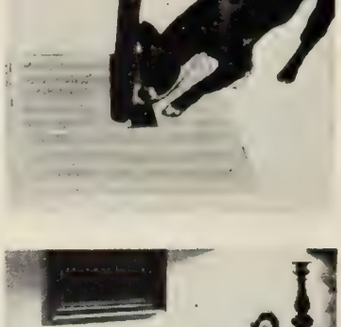
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When you're being driven someplace, you'll enjoy having a coffee break right in the car! Don't waste time stopping for a break. Commuting mug has a spillproof cover with an opening for sipping. Mug fits into an outer cup which adheres to your dashboard. Perfect for morning trips. 3¾" high. $3.00 ppd. 2 for $5.50. Bruce Bolind, Dept. BH-4, Boulder, CO 80302.

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on markers for mailboxes, lamp posts & lawns

order before April 22nd
save $2.00
wait 'til May 31st
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Spear DAY-n-NIGHT MARKERS

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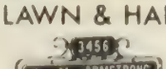
STYLE NOM $11.95



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STYLE NH $7.95

Spring Fever is what we call it — the desire to get outside and start projects we've planned all winter. But once outside, we find it difficult to get started! We're no exception — we've got Spring Fever too! So take advantage of our fever and save! Here's how it works. If your fever isn't too great, order before April 22 and deduct $2.00 from the price of each marker ordered. If you have a good case of the fever and would rather wait a bit, order before May 31 and deduct $1.00 per marker. If you hurry, you'll save more, but either way you save money!

- Same wording both sides. Any wording you want, up to 17 letters & numbers on long (18") plate, 6 on short (9") plate.
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The man next door

Dr. Bob Hannegan says the medical profession has come a long way from the days when doctors were ridiculed for pushing pills. Now he spends half his time trying to persuade his patients not to take so many.

Eleven-year-old Judy informs her brother that the tradition that girls should wash the dishes while boys dry them is outmoded sexist chauvinism.

Rollie Msigliar, the big league pitcher, who owns a restaurant in our neighborhood, has departed for spring training. We'll miss him, of course, but it's kind of nice to have the staff go back to laying out the silverware in the customary manner, rather than left-handed.

The Rev. George Hall is always glad to have the once-a-year worshipers show up for Easter. But he never gives them his best sermon, figuring it would be unethical to lure them back under false pretenses.

My wife, Christine, the best dancer at the annual spring dance, says I must have taken lessons from Henry Thoreau because I keep time to a very different drummer.

George Washington, who sells insurance in our town, finds that his name usually is a good attention-grabber. But he doesn't make calls on April 1, because he's tired of people saying, "Oh, sure."

Fred Thompson says it isn't raining rain to him, or daffodils either. It's raining roof and gutter repair bills.

I hope my son, Bud, takes after me and only remembers those rare bits of advice his father gave him which turned out to be right.

Christine, as an informed consumer, is in favor of accurate listing of ingredients on cosmetics, but admits it's kind of disillusioning to discover that there are no moonbeams or magic potions mentioned.

Diaries and photograph albums are valuable records of the past, but for really reviewing the year's joys and sorrows, victories and defeats, there's nothing quite so poignant as the annual income-tax-time review of check stubs.

Grandpa Hillis calculates that nowadays a bird in the hand is worth twice what it used to be.

After typing a few letters for me at home, Christine is convinced that behind all successful men are secretaries who know how to spell.

Rosemary previews her grade printout by telling us that she has three brilliant, perceptive professors—and two who don't like girls.



"We're wondering how, on your salary, you can tell us you'll fight us all the way to the Supreme Court?"



I suppose it's possible to be pessimistic in the spring, but not if you're a gardener or a baseball manager.

Dr. John Newton is retiring after 50 years of practicing dentistry. He says he's going to spend the rest of his life seeing what people around here look like with their mouths closed.

When Rosemary was home from college for a few days, a well-meaning friend (not hers, ours) said how gratified he was that the current generation of students was more, well, you know, normal than those militant freaks of the '60s. Rosemary mumbled something vaguely polite and left the room.

Later she told me, "Dad, why does everybody have to put a stamp on a bunch of people in college? We aren't all the same any more than you and Mother are like everybody your age. We aren't even a 'generation.' I'm a freshman and there is as much of a generation gap between some seniors and me as there is between you and me. Probably more."

Of course, she's right. I've had students point out that in my generation we danced the Charleston and swallowed goldfish. As a matter of fact, we did neither one. My class was somewhere in between the two fads.

To say that all young people of the Twenties were raccoon-coat-wearing toters of hip flasks, that those of the Thirties were bitter pessimists, followed by the war-torn Forties and complacent Fifties and the hippie Sixties, is ridiculous.

We are gradually learning not to lump all members of a race, religion, or nationality, but to judge them individually. It is as unfair to assume that all high school or college students are alike as to make broad statements about what Senior Citizens think, want, and feel.

If we are not all different then we are really in trouble. But looking at my daughter, I'm not worried. She is proof of her statement about her peers. There couldn't possibly be another one like her. ■

Burton Hillis

CIRCULATION 7,777,777
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Better Homes and Gardens

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Only an archway (no door) separates my dining area from my living room. How can I create two separate "rooms" and still marry them?

Most newer homes . . . the ones with a living room/dining area . . . have this problem. One easy, and effective, way to solve it is with the carpet treatment we've used here: wall-to-wall carpet in one room and a compatible fringed rug in the other. We chose the same design—Persian Medallion from our Grand Noble™ Collection—for the wall-to-wall carpet in the living room and used it as the fringed area rug in the dining room.

If you study the picture closely, you'll see some other effective ways in which we've married the rooms. The dramatic black in the linoleum floor and walls in the dining room is picked up in the living room chair rail and baseboard. The same fabric design is used at the windows in both rooms and repeated on our Thomasville upholstered furniture. Generous use of ferns also relates the two areas and echoes the fresh greens in the carpet and floral fabric. The two rooms are furnished in an eclectic mix from our Thomasville furniture line. The Mediterranean dining room is from a collection called "Portfolio."

More questions and more answers on the next pages . . .



More decoratin answers – fro Interi

My kitchen has handsome da wood cabinets, which I don't wa to paint. What can I do to light and brighten my dark kitchen?

First, take full advantage of outsi light. We've eliminated curtains together and dressed the windo area with hanging plants, wh help to bring the outdoors in.

A fresh, white ceiling can also wo wonders. It's surprisingly easy a inexpensive to have one installe Or, you can do it yourself. T handsome design shown here, cal Gourmet, is perfect for a kitchen c ing. It's a vinyl-coated tile, so it's ea to keep cle

A fresh coat paint for t walls, whi we've colo coordinated w the floor, add sunny note. T floor is our ne Garden Court design in Solaria the sunny floor that shines witho waxing. It keeps its shine far long than an ordinary vinyl floor. Fina add the gleam of copper pots a pans, and you have what t Armstrong Interior Designers cal "Sunshine Kitchen."

Floor designs copyrighted by Armstrong



ir uestions — and e Armstrong iesigners.

ar front door opens directly into va e living room. How can I create nte entrance area without spend- g a fortune on construction?

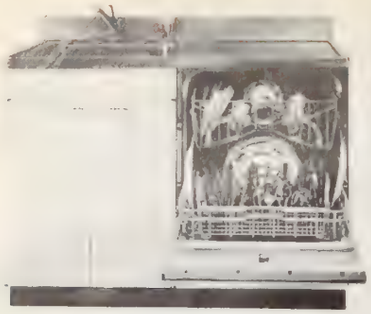
sic out the simplest and most s ective way we know is to da ate the illusion of a wall. Here hi 've done it with an attractive hard-working divider of desk- va okcase-storage units from our an unders furniture line.

le floor treatment is important. Th e Sunstone design in Solarian pa ates an "entrance," set apart from ce Armstrong Omen carpet in the ea ng room. While the object is ea make an obvious distinction be- een the two areas, it is still th portant to tie them together vis- lly. Here, we did it by using or embers of the same color family wi . everything . . . floor, carpet, ds holstery, rattan furniture, and Th all covering are all in varying ne utral shades.

nt more ideas? Write to Arm- ng, 7405 Elm St., Lancaster, . 17604. We'll send you our loor World literature package, e. It may help solve some of ur decorating problems.

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Better Homes and Gardens

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — MAY, 1974; VOL. 52, NO.

BUILDING
86 Small-scale remodelings: great effects at low cost

PROJECTS
12 Ten projects to help you get organized all around the house
38 Step-by-step designing

DECORATING
94 How to stretch a small room

FOOD
42 He cooks: david's dad's salad dressing
100 17 meals that make the most of your meat dollar
113 Prize tested recipes: Easy chicken main dishes
Strawberry desserts
126 Best buys in vegetables
130 Win money for your recipes
136 Soy savvy
139 Sunny salads from fresh fruit
154 Bean buymanship

EQUIPMENT
96 How to make a small kitchen measure up
152 How to store more in the same space

EDUCATION
68 How to start a co-op nursery school

PETS
40 How to get along with your veterinarian

FAMILY TRAVEL
141 Arts & crafts fairs: a wealth of Americana

FAMILY MONEY MANAGEMENT
32 How to finance a small home improvement job
32 Does your insurance guard against inflation?

GARDEN
46 The easiest flowers you can grow
64 Houseplant how-to
81 Gardening in May

CARS IN YOUR FAMILY
6 Understanding new car warranties
20 A 15-minute car inspection that pays
156 Can you speak campers' language?

OF CONCERN NOW
8 How to cut the high cost of food
30 Child-resistant packaging: how far does it go?

FAMILY GROOMING
16 How to cut your child's hair

FAMILY HEALTH
22 Ten common misconceptions about cancer
84 Progress report on HMOs

CRAFTS
108 Playclothes for spring
158 Evergreen spring bouquets

NEWS AND SHOPPING
56 Good news
162 Shopping editor's choice
For shopping information on products shown in this issue, see Buying Guide, page 134

Cover photograph: Dieter

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Body All® is different from any leading underarm spray. It releases fresh deodorant every time you perspire.

The chart at the bottom of the page shows exactly how Body All is different from every leading deodorant. As you can see from the blue line, the deodorant in most underarm sprays *fades* soon after you put it on. But the red line shows how the deodorant in Body All is released again and again. Every time you begin to perspire, tiny micro-encapsulated deodorant buds in Body All *dissolve* to give you just the protection you need.

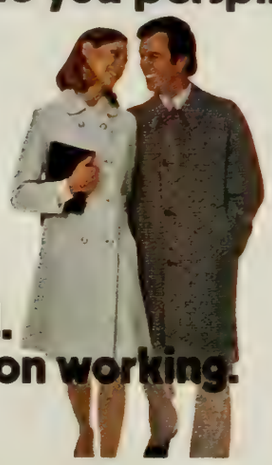
When you perspire a little.



When you perspire a lot.



Every time you perspire.



Body All. It keeps on working.





Understanding new car warranties

Contrary to what you might have been led to believe, the warranty that you receive with a new car serves mainly to limit the manufacturer's liability in assembling that car's 15,000-plus pieces —*not* to assure your complete satisfaction with your new purchase. In fact, as the buyer of a new car you'd be better off if the manufacturer offered no warranty at all, because the transaction would then fall under the Uniform Commercial Code's "implied warranty of merchantability." This would allow you to reject as unsuitable for use a vehicle that turned out to be less than presented. The reason this nearly standard law of sales does not apply to automobiles is because the express warranty drawn up by the car makers clearly excludes implied merchantability or product fitness for any specific use.

Although the factory warranty completely ignores your satisfaction, the car makers and their dealers are painfully aware of it. To keep a customer happy so that he might come back at trade-in time, the dealer may provide "out of warranty" repairs and other nonreimbursable work.

With few exceptions, most manufacturers' warranties agree to correct, through their authorized dealers, defects in drive-train parts and workmanship for a period of 12 months or 12,000 miles, whichever occurs first, from the new car's date of delivery to the new owner. There are extended, separate warranties on the emissions control systems for up to 50,000 miles. In addition, manufacturers will usually pay dealers for service adjustments on full-size cars up to 90 days after delivery (some car makers exempt compact and subcompact cars from this provision). Some examples of service adjustments are wheel balancing and alignment, headlight aim, brakes, valves, clutch, and similar assemblies not properly adjusted on the assembly line.

Departures from this practice are American Motors' Buyer Protection Plan, which covers any and all adjustments, including spark plugs, for full 12-month/12,000 mile warranty period (with a $100 option of extending this service for another 12-month or 12,000-mile period), and a similar approach taken by Volkswagen of America for 12 months or 20,000 miles. The VW agreement also extends coverage to internal engine or transmission parts for 24 months or 24,000 miles. Tires and batteries are not covered under new car warranties, but under separate ones from their manufacturers.

Sometimes it is possible to have repairs paid for by the manufacturer even after your car's warranty has expired, but this practice is little publicized because work is performed on a selective basis depending upon the factory's experience with the failure of a component. Since all cars equipped with that component do not necessarily experience a failure, the manufacturer simply grants the dealer authorization to make the repair without charge. Free repairs are also made in the case of a safety-related recall of a particular make and model, often years after the car was placed in the hands of the public.

To most car owners, the now-standard warranty period of 12 months or 12,000 miles seems much too short, since at one time or another almost everyone has paid for a repair only months after the car went out of warranty. Car makers, however, found that during the period of longer warranties (five years or 50,000 miles) in the late 1960s, owners used the extended period as an excuse to have little or no maintenance performed on their cars. A transmission failure at 48,000 miles, for example, would cause the owner to complain of defective parts when in fact the transmission fluid had never been changed.

The industry believes that the present system of "over-warranty" repairs based on individual case merit and product defect history is a more workable and less costly procedure. Then, too, warranty costs are not exerting the great upward pressure on car prices that they did in the past.

Under the current system it behooves the new car owner to have any and all repairs done at the dealership where he purchased the car, since he has no way of knowing which items may be eligible for extended replacement consideration or any other extra benefits authorized by the factory. This system, of course, serves to foster a better relationship between dealer and customer. Warranties, remember, do not require the owner to return the car to the original dealer for repairs, only to a *factory authorized dealer* for that make.

As with required maintenance, an owner's failure to follow the recommended schedule could invalidate the new car warranty, since the performance of questionable warranty repairs is primarily a matter of dealer judgment. A poorly maintained car could result in a repair charge that is paid out of the owner's pocket. Since warranties no longer require that maintenance be done at a particular dealership, it's up to the owner to keep records and receipts of work performed elsewhere. A log designed for this purpose is normally included in the owner's manual.

When using your new car warranty, remember that it is an agreement between you and the manufacturer, not the dealer. The dealer is an independent businessman operating to make a profit, but it is through him that the factory authorizes warranty repairs by means of a somewhat complex claim system. In order to get the greatest satisfaction from the factory warranty, you should spend almost as much time shopping for a dealer as for the car. Check the dealer's local business reputation and the quality of his service department. Of course, if after you buy the car you become dissatisfied with the dealer's service, no one can stop you from going to another dealer.

Warranties take effect upon delivery of the new car, so check the auto over for any obvious flaws before you accept delivery. Dealers charge for preparing a new car for delivery, but often the work is very superficial. Poor door and window alignment, inoperative accessories, incorrect wheel toe and camber, low fluid levels, and poorly adjusted brakes can all be future annoyances. It is most important to detect any defects as soon as possible, preferably within a day of delivery. The new car will only have a few miles on it, and if it seems to be hopelessly problem-ridden, you might be able to trade for another car on the lot.

When returning to a dealer for repairs you expect to be covered under warranty, you'll deal with his service manager. Remember that this man is in the middle; on one side the customer is asking him to do extra work under warranty, and on the other the dealer is after him to bill you for as much work as possible. If you're not sure just what should be done without charge, don't hesitate to call the dealer in on the discussion. Rather than lose a customer, the boss may agree to the extra work, expecting to make up the cost somewhere else; at some dealerships, through false warranty claims to the manufacturer.

To achieve customer satisfaction, some auto makers have set up new service divisions with regional offices for handling warranty problems. All manufacturers have a zone representative who can authorize warranty repairs by the dealer on the basis of new factory information regarding the part or system. If there's a stalemate at the dealer level, don't hesitate to call the factory's zone man; he's listed in the Yellow Pages and often in the owner's manual as well. ■



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Sherri Sargent says no.

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Sherri Sargent, Lake Oswego, Oregon

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$10.00 off manufacturer's list price (comparable item). Portable Weber Grill only $14.95 plus postage and handling. 14¼" diameter, 17½" high. $24.95 manufacturer's list price. $14.95 your cost—$10.00 savings. Send me____Weber Grill(s) at the special price of $14.95 plus $3.50 each, for postage and handling. Enclosed is 1 Hefty premium seal per grill.

Mail To: Special Offer H.Q., P.O. Box 112-H, Mt. Prospect, Ill. 60056.

☐ Bill my BankAmericard #_____

☐ Bill my Master Charge #_____

Inter-Bank Number _____ Expiration Date

☐ I have enclosed a check for $_____. (Illinois residents enclose sales tax where applicable). Make checks payable to: "Hefty Weber Offer"

Name_____

Address_____

City_____

State_____ Zip_____

Offer expires 12/31/74. 4-6 weeks for delivery.

22-202E

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Where does your food dollar go?



How to cut the high cost of food

By Fred Bailey

Editor's note: *Higher grocery prices no longer allow us to eat as well as we once did for the same amount of money we once spent. Thus, we must change either the way we spend or the way we eat, or both.*

Previous articles in this series have explained why the cost of food is high and why it is likely to remain high. This final article takes a hard but realistic look at what we can do about it.

After considering various ways to reduce the weekly food bill, some families may decide that their dollars are less precious than their standard of eating. Or they may decide to ease the squeeze on the family budget by cutting back on things they consider more expendable than good food and plenty of it.

Millions of other families, however, don't enjoy the luxury of a choice; something in their grocery bill has got to go. The only decisions are what and how.

Whether cutting food costs is a matter of desire or a matter of necessity, your goal should be the same: to get the most *of what you want* from the dollars you do spend for food. The way one family chooses to save might be the last way another family would choose to save.

Accordingly, the following isn't intended as a list of things you *should do;* but rather as a list of some things you *can* do, if you aren't already.

Eat less. Many nations of the world have a "food problem" but very few have *our* problem: Most of us eat too much—certainly more than we need to from a nutritional standpoint and probably more than we ought to from a health standpoint.

There are clearly exceptions to this. Far too many Americans still have neither the money nor the knowledge of nutrition to eat as much or as well as they should. Poor diets and poverty go hand in hand. But for the vast majority of middle and upper income families, one effective way to cut back at the grocery store is to cut back at the dinner table.

Substitute cheaper foods. We eat 115 pounds of beef per person per year not because it's the least expensive way to supply our protein requirements but because, in our collective judgment, it's the most enjoyable way. Other foods, ranging from dried beans and peas to certain whole grain and cereal products, provide ample protein at a considerably lower cost per serving.

Bluntly put, one of the reasons we're paying more than we like is because we insist—in the face of rising prices—on *eating* what we like. This was perhaps an affordable luxury at yesteryear's food prices, but current prices make it less affordable and increasingly a luxury.

This is not to suggest we abandon our favorite foods. That's not necessary. But, as more and more families are discovering, occasional substitution of lower cost foods for higher cost foods can make an appreciable dent in the food bill.

Eat at home. The average American family spends upward of a fourth of its food dollars in restaurants, ranging from drive-ins that specialize in hamburgers and french fries to elegant dining places that feature chateaubriand and oysters Rockefeller.

Most give you your money's worth, considering the high costs of overhead, preparation, and service. Even so, one way to cut the cost of food is to do more of the preparation and service

continued



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It's more than just dining furniture. It's KELLER

continued

Cut the high cost of food

in your own kitchen where the overhead is lower and the labor is your own.

On the other hand, if eating out is a pleasure you are unwilling to forgo, blame the tab on the high cost of the services provided—not the high cost of food.

Save money in the kitchen. So-called "built-in maid services" are one reason for today's higher food costs. Meals that are already partially prepared can save you time and effort but, much more often than not, they cost you money. It thus becomes a question of which you can most readily afford to spend: the time and effort or the money. The only right answer is the one that's right for you.

In other ways, too, time in the kitchen can save you cash at the checkout counter. One example: Casseroles and other dishes that use less expensive foods as extenders for more expensive foods may require more time to prepare but can dramatically reduce the cost per serving. It stands to reason that good cooks who enjoy cooking have an advantage when it comes to *finding* ways to stretch their food dollars.

Plan a shopping strategy. If you plan your food buying with the hard-nosed attitude of a purchasing agent and the keen eye of a cost accountant, pat yourself on the back. Most family food shoppers plan their meals from behind a grocery cart, if they plan at all.

Advance planning, properly done, can cut food costs in a variety of ways: Taking advantage of advertised "best buys" and avoidance of impulse buying being two of the major ways. Buying no more than you need avoids waste and buying no less than you need avoids extra trips to the grocery store. Similarly, a well-planned shopping strategy lets you solve the "leftover problem" before it becomes one.

Look for bargains. It's the nature of food prices to fluctuate, particularly perishables and those items that are produced seasonally. Moreover, most retailers create or accentuate price fluctuations in the form of "specials" designed to attract business.

Smart shoppers can save money by planning meals around those foods that are "priced to sell." Fresh fruit and vegetable prices are normally lowest during peak production periods. Canned goods are often marked down just prior to the arrival of the "new pack." Meat and poultry prices almost invariably appear on the list of specials after a large movement of livestock to market, and during high periods of the normal production cycles.

"Unit pricing" is, of course, a good way to measure cost. But keep in mind that cost is only one side of the value equation; the other side is quality. Low or inconsistent quality is a poor value at almost any price.

Save by canning and freezing. Higher food prices appear to have triggered a revival in home canning. And families that once regarded their freezer as mainly a convenience are now viewing it as a money-saver, too.

Canning and freezing *are* ways to reduce the high cost of eating. By buying directly from a local farmer or produce market, you not only save some of the middleman costs, but you can realize the advantage of buying in bulk and at the time of year when prices are lowest.

Fruits and vegetables are by no means the only items you can buy this way. More and more urban families are discovering they can save money—and often obtain better quality, too—by contracting with a local cattle feeder for a side of beef. The cattleman is usually able to arrange for slaughter and processing.

Managed with an eye on the budget, a home freezer can pay off in other ways as well: By enabling you to stock up on supermarket specials; by preparing meat and vegetable dishes, as well as desserts, in advance when you have the time and when the cost of ingredients is low; by freezing leftovers that might otherwise be wasted; and by minimizing last-minute trips to the grocery store for such items as bread and ice.

Summed up, the notion that there's nothing you can do about the rising cost of food simply isn't true. Quite the contrary, as long as farmers are faced with spiraling production costs that require adequate prices to assure adequate production, and as long as middlemen must pay more for labor, packaging, and transportation, you are the only one who *can* do something to lower the high cost of eating. ■

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3. In just 7 minutes you have twelve 5-ounce cups of delicious coffee in a beautiful server.

4. The heating plate automatically holds the coffee at the perfect serving temperature for hours.

5. The result—the better cup of coffee you've dreamed about.

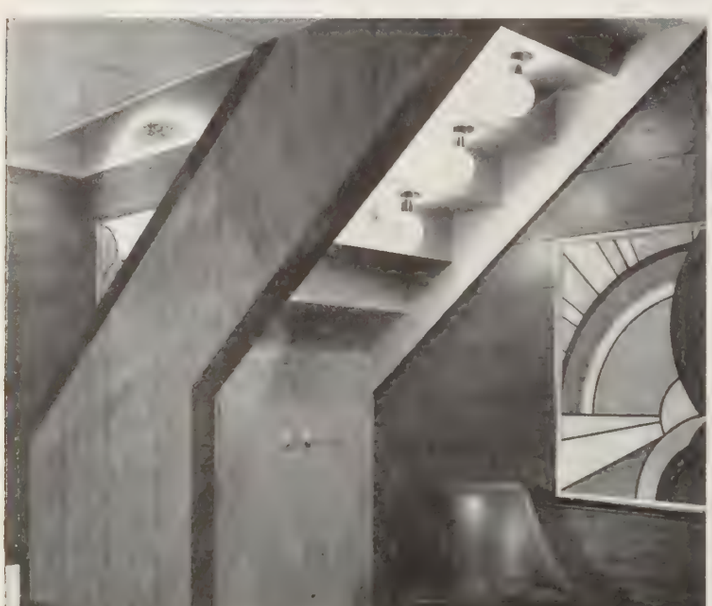
The Norelco12.

The Electric Drip-Filter Coffee Maker.

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Ten projects to help you get organized all around the house

If you've just moved into a new home, some storage problems probably sneaked in as the movers went out. The problem can be mind-boggling since worldly goods seem to expand mysteriously in transit. To help you solve your most pressing storage shortages, we've designed ten easy-to-build projects. All can be adapted to your home, whether it's new or not.



A finished basement calls for a basement stair enclosure. Even if your basement is unfinished, you'll want to enclose the stairway to get this attractive and practical storage cabinet. It offers roomy storage for bulky items and can be locked for children's safety. To enclose your stairway, build a frame using framing lumber and nail on sheet paneling vertically. Frame the exposed edge with 1x2s using strip of lumber to cap banister. To cover underside of stair treads, build risers from ¼-inch plywood. Box in underneath with ¼-inch plywood, leaving space for wiring.

We painted our stairway a light color for brightness and installed wall paneling horizontally for contrast. Our simple globe fixtures are suitable for any interior and help turn a dark corner into an inviting game area.

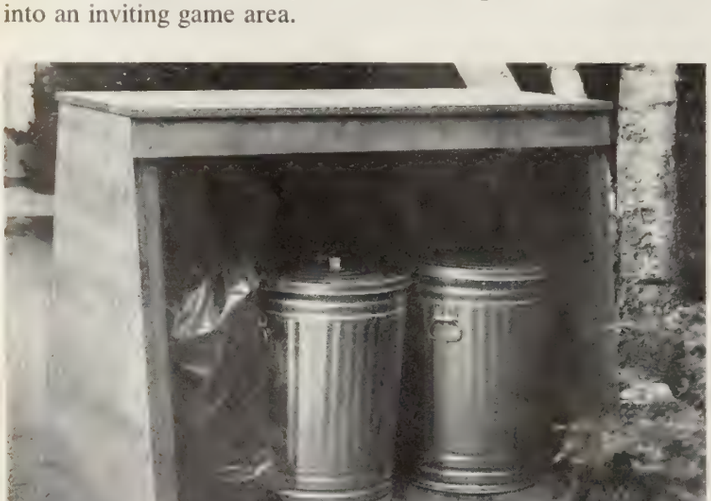


Designer: David Ashe

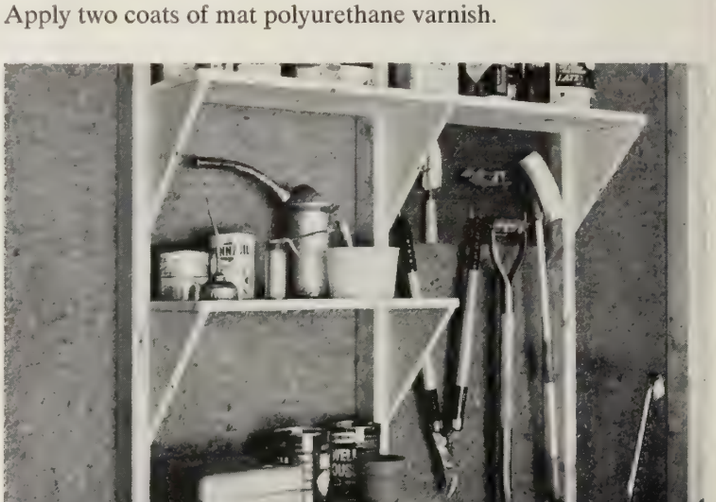
Photographs: Mike Dieter

An easy way to feel at home is to surround yourself with familiar books and collectibles. To get them out of the boxes and into your rooms, build some simple shelves like these for your favorite possessions. The shelves are natural pine with countersunk screws and birch dowel plugs. For end supports we used two 72-inch pine 1x12s. The 4x36-inch pine rails are glued, screwed, and set on to the back of each shelf. Mark off positions for five 36-inch 1x12 pine shelves and pre-drill with countersinking bit, spacing screw holes evenly.

To assemble unit, glue shelves in place and screw through sides into ends of shelves. Plug holes with birch dowel pieces. The dowels will tend to darken when you sand sides of unit. Apply two coats of mat polyurethane varnish.



A simple structure like this will screen your trash cans while providing year-round shelter. Our unit is 36 inches wide at the base and narrows to 24 inches at the top. Overall dimensions are approximately 40 inches high by 48 inches long, large enough for two average cans with additional space for bulky throwaways. Build the frame from 2x4s, then cover ends, back, and top with ¾-inch utility grade lumber. Cover with preservative stain.



Open-stud construction can help you organize your garage with a minimum of effort. Saw out triangular plywood brackets and nail to open studs at approximate intervals. Our studs are spaced 16 inches apart. Nail on 1x12-inch pine boards for shelves. If a shelf spans several studs, cut notches to make it flush with wall. Add pegboard for hanging garden tools.

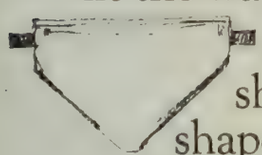
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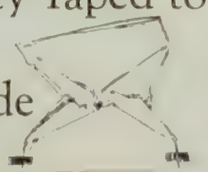
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continued

Ten projects



If your basement ceiling is unfinished, you can provide solid support for ¾-inch plywood shelves by nailing 2x4s to the open joists. We nailed plywood brackets to the vertical supports at 18-inch intervals with the lowest 12 inches off the floor. The shelves are notched to fit the verticals. If your basement is subject to dampness or flooding, be sure your shelves are positioned high enough off the floor.

We've found a simple way to scale down a standard-size closet to suit your youngsters. You simply build an organizer to fit inside your closet and hang it on the existing pole. The box provides extra storage and the pole below puts clothes within easy reach for a child. The unit slides out when your youngster outgrows it. Build the basic box from ¾-inch lumber with open sides



and a center divider. Ours is 18 inches deep, 9 inches tall, and 30 inches long. Cut uprights from two pieces of ¾-inch lumber three inches wide and 33 inches long. Round ends with jigsaw. At one end drill a hole large enough to slide easily over the existing closet pole. At the other end drill a hole to accept a piece of purchased closet pole. Center the uprights on each end of the box, allowing 1½ inches between box and bottom holes. **continued on page 137**



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How to cut your child's hair

Uncomplicated hairstyles are in. Longer hair is popular with both boys and girls. And the parent who can master basic techniques of haircutting can get professional-looking results—and justifiably regard the savings as "found money" for the family budget. Saving the cost of a $5 haircut once a month will net you $60 a year. Add to that tips and transportation, multiply by the number of children in your family, and the savings you'll pocket are truly impressive.

What you need

Your essential tool will be small barber's scissors, with blades two to three inches long. The longer the blades, the harder the scissors are to handle. Regular home scissors are likely to be too heavy and too dull. You can buy barber's scissors at the notions counter of most department stores, or in beauty supply houses; the cost of a good quality, rust-resistant pair is around $5.

You'll need a comb about six inches long and one inch deep, with fine and coarse sections. Beauty supply stores have combs that are marked along the top edge in one-inch intervals, like a ruler, or you can mark your own, to help you get an even haircut all around.

Next is an ample supply of clips; the long ones are the most useful. You'll need a large towel for a cape, a small brush or washcloth to dust hair off the face and neck, and a plastic squirt bottle filled with water. A hand mirror is useful; your child will enjoy watching you work, and you can use the mirror to compare one side with the other.

If you're interested in close-cropped haircuts, especially for boys, you may want to invest $10 or so in a pair of electric clippers. Usually an assortment of measured combs is included to hold the cutter a set distance from the head. The combs attach to the clippers. Clipper sets come with directions so the instructions here will concentrate on cutting with scissors.

A word about those devices that combine a comb and a razor in a single instrument. Most professional haircutters will advise against using any type of razor for home cutting. Why? Because a razor makes it too easy to lop off more than you intend.

Your kitchen or bathroom ordinarily will have the best lighting for a home haircut, and the room is easy to clean up afterward. A tall stool for your youngster to sit on makes the job more comfortable for you. And you should stand while you cut.

Before you begin

Assemble your supplies and practice your cutting technique. The professional way to grip scissors is with your thumb in the top hoop and fourth finger in the bottom hoop. Use the index and middle fingers of the cutting hand to support the weight of the scissors. When you cut, move only the thumb. Although this method may seem awkward at first, with practice your hand will become stronger and your fingers won't get in the way of the hair you're trying to cut.

When cutting, use the index and middle fingers of the opposite hand to hold a section of hair straight. Also grip the comb in the palm of that hand. When combing, usually with the cutting hand, slip your thumb out of its hoop and tuck the scissors into the palm of your hand with the point towards the wrist.

Have a clear mental picture of how your child's hair is going to look after it's cut. Any child over three probably will have some pretty definite ideas on this subject and certainly will want to be included in the decision making.

Before corralling your youngster, be sure that you have plenty of time—plan on an hour for that first cut—and that he or she is in a cooperative mood. Even professionals have trouble with a cranky or fidgety child.

Getting started

Should hair be cut wet or dry? There are proponents of both techniques. If you've had any experience with home sewing, you can appreciate the concept of hair as a woolen fabric: wet, it will show its full length; dry, it will draw up. Wavy or curly hair will draw up more than straight hair. Hair that is even when cut wet may not appear even when dry. As a beginner, you may find wet hair easier to comb and cut, but adjustments may be needed when the hair is dry. If you do cut the hair wet, keep it thoroughly wet; that's where the plastic squirt bottle is helpful.

Freshly shampooed hair often has a lot of static electricity and is hard to handle; it's best to wash hair after a home haircut, not before.

Methods of cutting

There are two basic methods of cutting—blunt cutting and layering. Either method can be used on girls or boys. Blunt cutting long or short hair makes hair look all one length. This method is most suitable for straight or wavy hair. Layering gives a more graduated look and is more frequently used on shorter or curlier hair. In some hairstyles both methods are used: the sides and back might be layered, for example, while the bangs are blunt cut. Blunt cutting is by far the easier method. Here's how to go about it:

The blunt cut

With the coarse end of the comb make a straight center part down the top of the head. Then part the hair again from the back of the left ear to the back of the right



ear across the top of the head. Comb the two side sections forward and clip them out of the way. Make another part from earlobe to earlobe across the back of the head. Twist the hair above the part out of the way and secure it with clips. Now comb the lower back straight down, and you're ready to cut.

Stand directly behind the head you're about to cut. Starting at the center, get a firm hold of a section of hair about one inch across between the middle and index fingers of your non-cutting hand. Keep your fingers just above your cutting line. Your first snip will establish the length of the entire cut; you'll feel less nervous if you start off leaving hair on the long side. Holding scissors horizontally, cut one inch sections at a time, working from the center to each side.

When the lower back section is complete, unclip the top back section, part about one-fourth inch above the original part, and clip the remaining hair out of the way, and comb down the new layer. The new layer should be so thin that you can see the original cutting line. Holding both the old hair and the new layer together

continued

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continued

How to cut your child's hair

repeat your scissor work.

Some professionals prefer to work from the center to the sides; others cut straight across, once the length has been determined. Continue to let down a thin layer at a time, using the previously cut layers as a guide until the back section is done. To achieve a pageboy look, with the ends of the hair turning slightly under, cut each succeeding layer about one-eighth inch longer than the previous one.

Now you're ready for the sides. Re-part hair if a side part is desired; otherwise, leave hair parted in the center. Comb down a narrow layer and start snipping at the back, matching the length to the just-cut back section by looking at the child full-face. Work forward at a slight angle, down or up depending on personal preference. Follow the same procedure as for the back, layer by layer up to the part.

If bangs are desired, re-part hair on either side, beginning at a point above the outside corner of each eye. Part again, parallel to forehead, at point where bangs are to start. Section off a narrow layer and follow the procedure used on the rest of the hair, cutting just above the eyebrows. For a final even line, place a piece of tape across the bangs and snip below it. Now comb through the hair with the fine end of the comb, snipping any stray hairs. And, you should be forewarned that it's almost impossible to cut bangs bone dry—damp is best.

The layered cut

Here you are essentially cutting every hair on the head the same length. Begin by sectioning hair as for a blunt cut. Follow the



same procedure for determining the length and cutting the first two back layers, letting the neckline angle slightly upward toward the ears. Now for the change: Instead of continuing to part hair across the back, part hair up and down the back in a half-dozen sections or more, depending on thickness. From now on you will be cutting vertically or diagonally, at right angles to the hair, which is being held at right angles to the head. This procedure will be easier to understand if you take comb in hand and divide hair in sections as you would do cutting. Work from the bottom to the top of the head, taking a small section at a time and matching the length of the hair to be cut to the one just cut below. This is



where your comb, marked in inches, comes in handy; use it to check the length before you cut. Complete each section before going on to the next, proceeding from one side to the other. Follow the same steps for the sides, matching first horizontal level to the back and then parting the remainder for vertical cutting.

Here's where the question of style comes in. For curly hair or an "Afro" look, you may want to leave the hair the same length all over. For hair that is short but not necessarily curly, you may want to make the bottom two rows all around slightly shorter. To finish the cut, comb through the hair with the fine end of your comb, holding hair away from the head and snipping as needed to make all layers mesh together.

Finishing touches

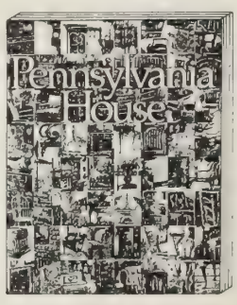
Shampoo hair, then pat nearly dry and re-comb. Let hair dry naturally or speed-dry with a blower. Keep your scissors handy to cut the inevitable stray hairs. Hair stylists and dermatologists alike are opposed to permanents, hair straighteners, dyes, bleaches, or hair sprays for the preadolescent child. Far better, they agree, to find a style that fits the hair than to try to fit the hair to a style.

If you're not sure what style would be best for your child, you might take him one more time to a barber or a beautician. You can ask for a simple, easy-to-care-for cut without announcing your intention to take up the scissors. Consider the visit a lesson: ask questions and watch carefully to see how a pro does it. With a bit of practice, you'll soon be cutting like one yourself. ■

Lynne Lamberg

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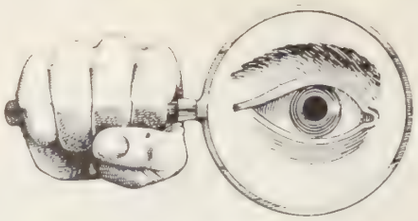


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The living room featured above, designed by one of the country's foremost decorators, shows how easily these traditional designs fit into today's living.
We invite you to see this exciting decorator setting at the stores listed on the facing page.

Pennsylvania House

GENERAL INTERIORS



A 15-minute car inspection that pays

Do you know for sure that none of your car's tires needs to be replaced or that the radiator hoses will last through the summer? If you can't answer without looking, you're probably among the hundreds of thousands of motorists each year who pay premium prices for on-the-road repairs because they didn't know what condition their cars were in until it became painfully obvious. A short monthly inspection of your car can keep you up to date on its degree of wear.

A good time to give your car the once-over is right after it has been washed, when defects tend to stick out like a sore thumb. The feeling that a clean car should run well often prompts special under-hood attention. Following the procedure described here can help pinpoint potential trouble and give you the confidence that comes with driving a well-maintained car.

A car owner usually grooms the exterior with regular washing and waxing, making it easy to spot scratches, dings, and rust pits. But the engine compartment seldom gets the attention it should. Buildups of dirt-caked oil, dust, and gasoline spills can be shortening the life of the engine as well as concealing imminent ills. Modern engines generate a lot of heat, much of which is dissipated through the radiator core, the engine oil pan, and other surfaces. An engine laden with dirt and grime impedes this process, causing the parts to operate under higher than normal temperatures. The lubricating oil can also overheat and oxidize, robbing it of much of its essential value.

If your car is less than a year old, it's fairly simple to clean the engine. All you need is a can of solvent (brush-on or spray) or kerosene, an old brush, and a supply of rags. Older cars with years of encrusted grime can be steam cleaned for about $12. Clean *all* of the engine, including the distributor, carburetor, fuel pump, and air cleaner. Cleaning electrical components gives you a chance to inspect connections and terminals. Brush out any dirt around the spark plugs so it won't fall in when they are removed.

With the exception of tires and brakes, safety-related components won't cost you a bundle when they wear out, but a highway failure of any of them *could* cause a serious accident. You don't have to be a mechanic to make any of the following tests; the time spent is a small investment in your family's welfare.

Brakes are the primary safety system in your car. Depress the pedal to check for firmness. If it nears the floor or sinks slowly down it could mean low fluid, worn linings, or improper adjustment, all calling for immediate attention. A quick glance under the car can also reveal brake fluid leakage from a cylinder or connection, often accompanied by a pungent odor.

Tires, too, can be checked for wear, inflation, cuts, or embedded objects while you're looking under the car. Excessive wear in uneven patterns can mean imbalance, misalignment, or incorrect inflation pressure. Any of these can cost you money in premature replacement and increased gas consumption.

Shock absorbers, while they aren't normally considered safety equipment, can cause handling problems if they go bad. Check their condition by pushing down hard on each fender or corner of the car. After bobbing once or twice the car should return to normal position. If it doesn't, the shocks should be replaced.

Lights are vital to safety, and they're easy and inexpensive to replace. Pull the headlight switch to the first stop: the instrument panel, parking, front and rear side lights, taillights, and license plate lights should go on. They should all remain on when the switch is pulled out completely. Operate the hazard lights, high beams, and turn indicators, and check brake lights and backups with a second person watching. Test the **horn** while you're in the car, and go over the **seat belts** for signs of excessive wear.

Windshield washers and **wipers**, and rear- and side-view **mirrors** are important for visibility. Check the wiper blades for signs of wear and the level of fluid in the washer reservoir. Wobbly mirrors should be tightened or replaced (with larger ones). Inspect car **windows**, especially the windshield, for cracks that might spread.

Overheating engines caused by cooling system failures can be averted by making the following checks under the hood:

Squeeze radiator and heater **hoses** for brittle or soft spots; either indicates a need for replacement. Rust-colored or white stains near hose clamps point to loose connections or leaks.

Frayed fan and drive **belts** could break at any time, and small cracks in the rubber are a good indicator of old age. Belts should have less than a half-inch of give under pressure of your thumb. If they have more, tighten them.

Pull the vent caps on the **battery** to check electrolyte level in cells. Fill with distilled water if they're low. See if battery is secure by attempting to rock it; tighten clamps or straps if wobbly. Try to wiggle the positive and negative **cables**, too. They should be tight to ensure against voltage loss. Lots of corrosion will also make your battery work harder.

Spark plug **wires** should be firmly in place, but don't pull them to check. Make a habit of gently pushing the protectors down on the plugs, first one side then the other (V-8 engine).

Make sure the **distributor** cap is locked in place. It has to be tight to keep out dust and moisture. Also check the other end of spark plug wires for security.

Look over the **radiator** surface for dents or damage that might require repair. The pressure cap should lock firmly in place. Replace the cap if the spring is loose or weak.

Coolant, the antifreeze and water solution in your radiator, should be within an inch of the filler neck or the cold-fill mark at the side of the radiator.

If the air conditioner has a noticeable drop in efficiency or makes a groaning noise when it is first turned on, seek professional help. ■



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Ten common misconceptions about cancer

Of all the words in the English language, "cancer" is one of the most frightening. As recently as 25 years ago, people feared to use the word in polite conversation; when a cancer victim died, he was usually said to have died "after a long illness." Avoiding the word, it was thought, somehow protected the living.

Today people talk more openly about cancer but the chill of silent fear remains. Misconceptions—some of them dangerous—persist about the hazards, effects, and treatment of the disease. In recent decades important progress has been made in cancer research; many lives are being saved. Yet many people's attitudes toward cancer still are rooted in superstition, mythology, and falsehood. Even the idea that cancer is a single disease clings stubbornly on. In fact, cancer is a whole family of diseases characterized by abnormal cell growth. Some of these diseases proceed swiftly to an inevitable end; others follow a far different and much milder course.

"The greatest weapon against cancer is knowledge," says Dr. Justin J. Stein Jr., of the UCLA School of Medicine, the new president of the American Cancer Society (ACS), who himself was cured of cancer in 1945. "The fears people have about the disease are far greater than the disease itself." Indeed, a recent Gallup poll for the ACS showed that American women are so fearful of breast cancer that they vastly *overrate* its prevalence.

Here, are some of the most stubbornly held myths and misconceptions about the disease that will strike one in four Americans during their lifetime—along with facts to set the record straight.

1. Cancer is our greatest killer.

More than 600,000 persons will be stricken with cancer this year; one million persons will be under treatment; 340,000 will die. Chilling figures—yet the toll is less than half that of heart disease.

Cancer's killer reputation is one reason the death rate remains so high. Because people consider a diagnosis of cancer an automatic death sentence, they postpone physical checkups and often ignore even the most obvious symptoms because of what they might portend. The ACS estimates that with prompt discovery and early medical attention, one cancer victim in two could be cured. As it is, the rate of cures is one in three.

The real news about cancer is not how many persons die, but how many live. Certain cancers, such as skin and uterine cancers, are almost 100 percent curable with early treatment. Cure rates have been steadily improving for cancers of the bladder, brain, breast, cervix, larynx, thyroid, and prostate, and for leukemia and Hodgkin's disease. In 1913, when the American Cancer Society was founded, nine out of ten persons diagnosed as having cancer were sure to die from it. Today one and a half million Americans have survived five years after original cancer treatment and can be pronounced cured. ACS figures estimate that this year 218,000 more will be saved.

2. Cancer is primarily a disease of old people and women.

Among people in their 30s, 40s, and 50s, cancer claims the lives of more women than men. But overall, there are more male victims than female—by 55 percent to 45 percent—and the margin is growing. The main reason is the astronomical 1,400 percent increase in lung cancer, which is chiefly caused by heavy smoking. Another reason is that men are less cancer-conscious and put off seeking medical help because they're "too busy" or consider it a sign of weakness. Also, the cancers which afflict women can be somewhat more successfully treated than those which strike men. The leading killers among women are cancer of the breast, colon-rectum, uterus, lung, and ovary. Among men the leading killers are lung, colon-rectum, prostate, stomach, and pancreas.

Cancer does take an increasing toll with advancing age, but many young people are stricken, too. Cancer—especially acute leukemia and cancer of the kidney and brain—kills more children under 15 than any other disease. Breast cancer is a leading killer of young women—and the foremost killer of those in the 40-44 age group, when women are still in the prime of life. One has only to watch the newspapers to see how many Americans are struck down by cancer while still in their productive years.

3. You can't prevent cancer from starting.

On the contrary, certain forms of cancer can quite readily be prevented. Skin cancer provides the best example. Most skin cancers result from chronic overexposure to the ultraviolet rays of the sun. These cancers are especially prevalent among fair-skinned men and in certain nationalities, the Irish in particular. Obviously these cancers can be prevented by moderation in sunbathing, by working or remaining indoors during the most intense periods of sunlight, and by covering up well when it is necessary to go out.

The most dramatic proof lies in several cases of *xeroderma pigmentosum*, a rare inherited form of sunlight sensitivity which usually results in skin cancer. Its victims appear to have an inherited defect that prevents the cell from rebuilding certain molecules damaged by sunlight. Yet, according to Dr. David Anderson of the M. D. Anderson Hospital and Tumor Institute at Houston, a noted investigator of the possible genetic aspects of cancer, one family has been able to lessen the disease in children by switching them to a nocturnal schedule. They remain indoors during sunlit hours, venture outside only after dark—and stay healthy and symptom-free.

Another obvious preventive measure also can halt the ravages of lung cancer, now the second most common form of cancer and the leading cause of death. Nine out of ten male lung-cancer victims are cigarette smokers. The risks of contracting the disease increase with the number of cigarettes smoked—and decrease with discontinuance of smoking. Cigarette smokers also run an increased risk of cancers of the mouth, throat, and bladder—as well as being more susceptible to heart disease, and emphysema and other respiratory conditions. Pipe and cigar smokers are less susceptible to lung cancer than are cigarette smokers but are vulnerable to cancer of the mouth, throat, and larynx. And those who both smoke and drink heavily have higher rates of mouth and throat cancer. "From the point of view of public health," says Doctor Stein, "the most important step that anyone could take would be to stop smoking."

Repeated exposure to X-ray radiation also has been implicated in certain forms of cancer, particularly leukemia; normal medical and dental X rays are not harmful, but should be used with caution. A number of substances used in industry also have been shown to cause higher cancer rates among workers repeatedly exposed to them. These include asbestos workers and uranium miners, both of whom are prone to lung cancer; and workers in the dye industry, who may develop bladder cancer. Public health steps are being taken to prevent these occurrences.

Many cancers which cannot yet be prevented can easily be detected in the very early stages by simple and painless methods. The famous "Pap smear," for in-

continued

Can you match their hands with their ages?













It's not easy, is it? They both have young looking hands. Nancy MacIntosh, age 20, is a teacher. And she hardly ever washes a dish. But Mrs. Sherron Sandrini, age 31, does lots of them every day. She says, "I have the same responsibilities most married women have. I make a home for a husband and three children. And that means housework and lots of dishes! That's why I take care of my hands and use mild Ivory Liquid. I just know Ivory Liquid helps me keep my hands young looking."

Mild Ivory Liquid helps keep hands young looking.



stance, has sharply reduced the toll of uterine cancer, which once claimed the lives of many women in the childbearing years. The test consists merely of microscopically examining a sample of vaginal fluid for cancer cells cast off by the uterus. A woman also can conduct a simple self-examination of the breasts for the presence of a thickening or lump which might indicate the early stages of breast cancer. An advanced techniques of m mography, xeroradiography thermography often can d such a growth even before discernible to the woman h —when the chances are ni ten that it has not spread be the original site and treat may be less drastic.

4. Cancer is contagious.

You can't "catch" cancer the you can a cold—by associ with someone who has it, n using the same dishes or line some people fear. In fact, a Stein points out, you can't contract the disease by rub cancer cells on your skin c jecting yourself with then cancer were so easily passed sick persons to well ones, do and nurses and spouses and lies of victims would be ob targets of the disease—yet after study shows no correla Occasionally two persons household will be stricke cancer simultaneously, but t pure coincidence.

Yet some investigators suspect that certain forms of cer, especially leukemia Hodgkin's disease, may be t to a virus. Even so, they su that the virus may be a slow ing transmitting agent whi passed from person to perso through carriers—but the a disease depends on many factors, including suscepti of the individual.

A few rare forms of c have clearly been shown inherited, and there is a g ing body of evidence that a disposition to others, incl some that develop at the common cancer sites, also "run in families." That is, a son may inherit a defect i chemistry or structure o cell which increases—but not make inevitable—his ch of contracting the disease. F stance, according to Dr. A son, if a woman develops b cancer, the chances are times as great that her si daughters and mother also develop the disease as for w in the general population. are also more likely to de the disease early in life, a both breasts. Dr. Anderso also shown that there ar creased risks (although less matic ones) for relatives o tims of cancer of the colon rectum, endocrine system, eye, ovary, skin, and stoma

5. Smog causes cancer.

Despite the wisecrack that smog in Los Angeles is lethal than three packs of ettes a day," no one has yet en a link between air poll

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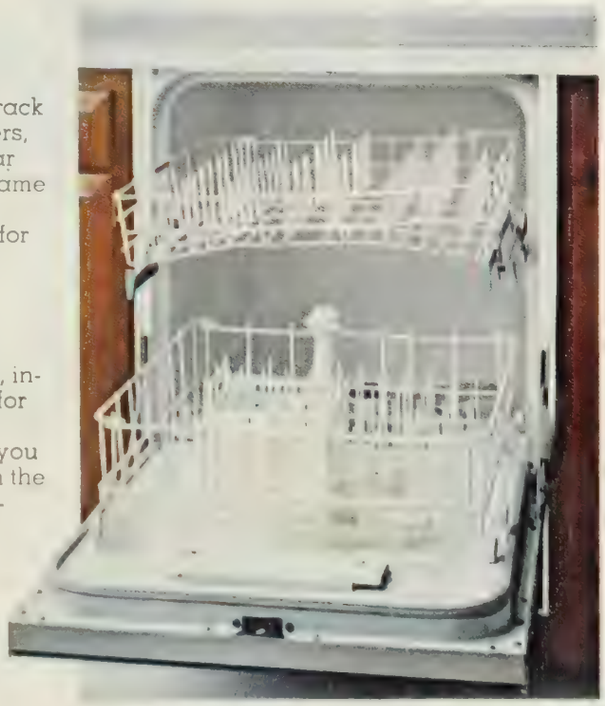
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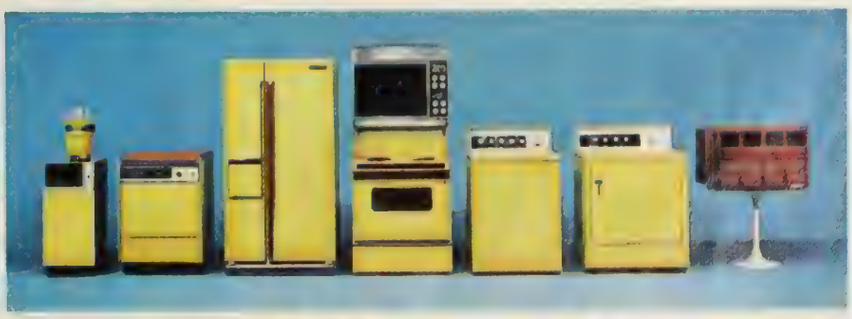
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cancer. Dr. E. Cuyler Hamnd of the ACS, who conductthe original study indicting rette smoking as a cause of cancer, has compared lungcer rates in large cities, small s, industrial areas, and locas cited by the Environment-Protection Agency as heavily uted. Among persons who no occupational exposure to al chemicals and who didn't ke, he found no increase in cancer rates. "There may be orrelation," Dr. Hammond , "but it is probably tiny."

et laboratory studies have vn that atmospheric pollus can cause cancer in animals. Dr. Hammond has estabd that heavy exposure to polnts, when combined with king, drives cancer risks up ply. Lung cancer occurs 90 s more often among asbestos kers who smoke, for instance, among the general popula- while nonsmoking co-work- re only slightly more vulner- The recent discovery of the ers of asbestos has resulted emands that the public be cted from inhaling asbestos s used in insulation and fire- ing.

rtain pesticides, herbicides, additives, and even medi- have been shown to pro- cancer in laboratory ani- But as Dr. Hammond says, apolating from animals to ns is a very risky business." tein points out that cancer ake 20 or more years to de- , during which the human is subject to many "insults," ng from eating scalding-hot icy foods to imbibing alcor breathing auto exhaust s. Isolating a single cause ncer is tricky.

wever, the consensus now is many cancers are environlly determined. Interna- studies show a wide varia- in cancer incidence from tent to continent and coun- country. Liver cancer is ent in diet-poor, sub-Sa- Africa; skin cancer hits rily the white peoples of the temperate zones; breast r is rare in parts of the Ori- The Japanese have a high f stomach cancer, which when they move to Hawaii, rops further yet when they to the U.S. mainland. In untry, changes in environ- and life-style are believed sible for the steady in- in cancer of the pancreas ecrease in cancer of the ch.

injury to the breast can cancer.

ost persistent of myths has is in fact, according to the National Cancer Institute (NCI). "Scientists agree that a single injury, such as a blow, has never been proved to produce cancer," the NCI publication *Cancer of the Breast* declares reassuringly. It is easy to see, of course, how this old wives' tale might have sprung up. Both bumps on the breast and breast cancer are quite common, and it is easy to connect one with the other. Occasionally, however, an injury to the breast may disclose the existence of a cancer already developing.

Many lawsuits have been fought over cancer that seeming-

continued

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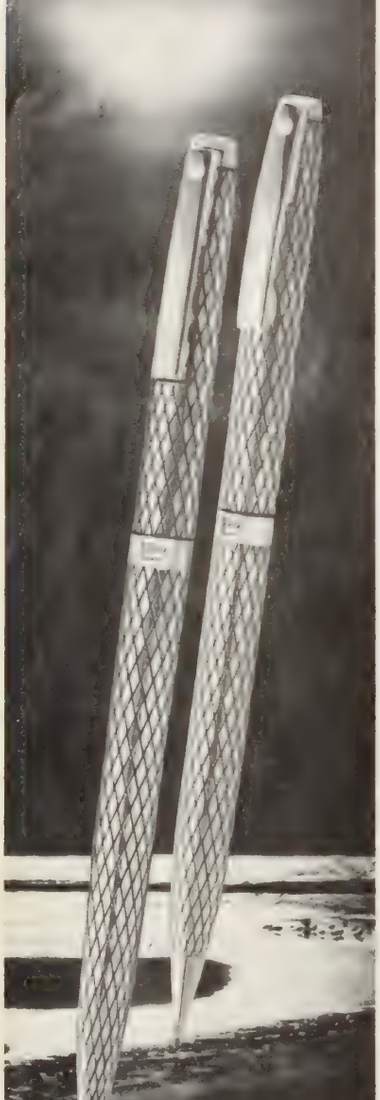


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continued

Ten common misconceptions about cancer

ly developed in the wake of an accidental injury, such as a fracture. Doctors agree that few documented cases of cause and effect can be shown. They believe that, as with breast cancer, that injury simply called attention to an existing condition. However, a few cancers do seem to be injury-related. Skin cancer may develop in the edge of a burn scar that is slow to heal, and cancer of the mouth may result from the chronic irritation of ill-fitting dentures.

7. Cancer treatment is always long and difficult.

Localized cancers may be excised in the doctor's office—e.g., a small skin cancer can be removed in minutes. Precancerous growths also may be removed quickly and simply, according to Dr. Sidney Arje of the ACS. Even radiation therapy for certain conditions may consist of only a few brief outpatient visits to a treatment center.

Radical operations such as the removal of a breast and adjoining lymph nodes now require much less time and convalescence than in the past. A patient may be in the hospital only ten days and have full use of the affected arm within six weeks. The speedier treatment and smoother recovery have caused new emphasis on rehabilitation of patients, particularly those who have had the breast, larynx, or part of the colon removed.

The controversy over "lumpectomy" versus mastectomy—whether the entire breast or only the cancerous area should be removed—still rages. The ACS and most surgeons still favor the more radical procedure, on grounds that more than one cancerous lesion may be involved, and that the chances are great that a second growth may occur if the entire organ is not removed.

8. The only way to treat cancer is by radiation and surgery.

The scalpel and the X ray remain the chief line of defense against cancer. But treatment by hormones and drugs (called chemotherapy) is making impressive strides. A 1970 report by a panel of distinguished consultants to the NCI stated that chemicals used alone could now be credited with cures in a number of forms of cancer. These included a placental cancer which sometimes affected women after childbirth, a childhood cancer common in Africa and parts of the U.S., and certain skin cancers. The report said that drug treatment had also dramatically prolonged the lives of victims of acute childhood leukemia and Hodgkin's disease. Before chemotherapy, a child with acute childhood leukemia usually died within four months. Now the median survival is three years, and many are living more than five years without recurrence of symptoms.

More than 40 drugs now are used against different forms of cancer. Although they can be said to achieve cures in fewer than 15 percent of cases, they often can slow the cancer's spread, relieve pain, and allow the patient a longer, more comfortable life. And because of drugs' potential for attacking widespread cancer inaccessible to either radiation or surgery, many investigators consider them the most exciting frontier in cancer research today.

9. Cancer is always painful.

In its advanced stages, cancer is certainly painful, especially as the proliferating cells begin to intrude on other organs and interfere with bodily processes. But fortunately or unfortunately, early cancer produces little pain. As a result victims may not be aware of it until it has spread widely. It is for this reason that the ACS suggests that people pay close attention to other warning signals, such as (1) a change in bowel or bladder habits; (2) a sore that does not heal; (3) unusual bleeding or discharge; (4) a thickening or lump in the breast or elsewhere; (5) indigestion or difficulty in swallowing; (6) obvious change in a wart or mole; (7) nagging cough or hoarseness.

10. Some cancer cures are being withheld from the public.

This most tragic of misconceptions has put billions of dollars in the pockets of the cancer quack, who exploits the vain hopes of victims and their families that some secret remedy can help them beat the frightening odds. But doctors and their families get cancer, too: if a secret cure existed, doctors certainly would avail themselves of it.

If all that were involved in quackery were a few moments of desperate hope bought at great cost, that would be bad enough. But time is medicine's chief weapon against cancer. Often while a patient is pursuing a useless cure, he loses his only chance for prolonged life and health.

All the trumpeted "secret" cures for cancer have been thoroughly tested and discredited by reputable scientists. These "cures" include extracts from horse serum and from apricot pits, plus all the special diets. The outlawed drug Laetrile, for example, has been tested on animals and studied in laboratories. Also, case histories submitted by Laetrile proponents have been exhaustively reviewed by medical groups and courts.

Of course, many people delude themselves that a magic breakthrough against cancer—for example, a curative "shot"—is just around the corner. But cancer, as noted, is not one disease but many diseases—some people say as many as 300. Even if a cause (or causes) of one is identified and a method devised for combatting it, it is unlikely that the discovery will apply to the other forms of cancer. Moreover, because the incubation period in cancer may cover many years or even decades, it may take a long time to confirm the actual result of any development.

Most people now believe that cancer arises from multiple causes. These may include predisposing factors acquired by inheritance, some transmitting agent such as a virus, and certain living conditions and environmental factors. As these can be identified—in the sense that smoking has been shown to be casually identified with high risk of lung cancer—it may be possible to work out preventive measures on a public health basis. Some of the most intriguing questions about cancer remain to be answered. No one, for instance, can explain why cancer of the pancreas is increasing and cancer of the stomach decreasing.

Mustering the body's immunological defenses against cancer is one of the great hopes for the future. There is some evidence that cancer cells contain an element which normal cells can be conditioned to regard as an invader, in the same way that the body rejects organ transplants or fights invading germs. But it's a long leap from this slim evidence to development of a practical vaccine for cancer.

Meanwhile, the best way each of us personally can combat cancer is by taking the available preventive measures, having regular checkups, and getting full information about what Dr. Stein calls "one of the most curable of all diseases." ■

(Written in cooperation with Edwin Kiester, Jr., a noted medical writer.)

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Is anything being done vent such tragedies? Wh you do to see that your sters are adequately prote

An important legislati was taken in 1970 when son Prevention Packagi was written to protect from this type of accide bill requires safety closu potentially harmful me drugs, and other toxic sub and authorizes the Secre Health, Education and to establish special pa standards for products stances which could be ha to children if taken interr

What products are affected

Aspirin and aspirin-co products were the first to meet standards for chil ant packaging, because a the leading poisoner of and it is used in almos household. The packagi lation for aspirin and aspi taining products became August 14, 1972, and is e to affect approximately lion packages.

Other products whi soon be required to me dards for child-resistant ing include prescription furniture polish contain percent or more petroleu lates, paint thinners, caus cleaners, preparations co wintergreen oil. Also i certain over-the-counte as well as most pesticid auto products such as alcohol, deicers, and glycol.

How are the closure s determined?

To meet child-resistant ing requirements, co must pass a standard safety closures. Here's test works:

Two hundred children months old to 51 months selected to test the diffe sures. The children work for five minutes in an at open a package. At the e

e-minute period, an adult ows how to open it, and the ildren are told they may use eir teeth if they have not al-ady done so. Then they are ven another five minutes to try e closures.

A container passes this part of e test if 170 of the 200 children nnot open it in the first five nutes and 160 fail after seeing e package opened. Also, the ckage must be opened within ive-minute period by 90 out of 0 normal adults, who follow in-uctions on the package.

at about handicapped people?

e law permits regular closures der certain conditions to ac-nmodate older people and the ndicapped for whom safety sures present difficulties. Man-cturers producing packages h child-resistant closures are owed to produce one size with egular closure, provided it is minently labeled: "This pack-for households without young ldren." Prescription drugs y be purchased in containers h regular closures at the re-st of the prescribing physician the purchaser.

at other safety precautions can take?

ile child-resistant packaging vides a measure of protection, ty is ultimately up to parents those supervising young chil-n. You should follow these gestions to help prevent acci-tal poisoning of your children, hildren visiting you.

ook for child-resistant clo-es when you buy medicines, gs, and household substances could be harmful. If safety ures are not provided when buy medicines or drugs, ask r pharmacist if he can supply with substitute packages.

eep substances in the original d-resistant containers, and e sure the closures stay firmly lace.

eep dangerous substances out he reach of small children. n if you don't have small chil-n, keep dangerous products of reach. After all, you're ly to have small-fry visitors in r home at some time or other.

e aware that many potential-azardous substances do not e child-resistant packaging. lert to such potential dangers take special precautions.

ake the necessary steps to pro-your children when visiting seholds where there are no ng children and when you are ed by friends or relatives who carry medication in contain-that do not have adequate ty closures. ■

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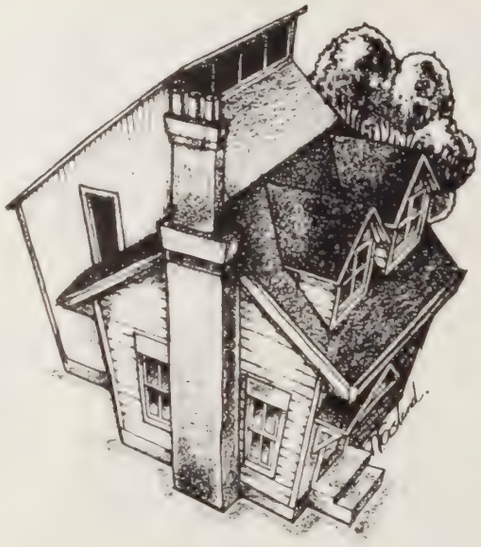
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When you need just a few extra hundred dollars to complete a home improvement job —and you don't want to dip into savings— look into the ready sources of cash cited here. The interest rates given may change from time to time, of course, and lending rules vary from one locale to another and one institution to another. But the main thing to remember is that the less time it takes to repay a loan, the less money it will cost you overall. Also, be sure to check the annual percentage rate (APR) and total interest you'll pay so you can accurately compare loans. Finally, consider the monthly payment amount that would best fit into your cash flow capabilities.

• Passbook loans

Most banks, savings institutions, and credit unions will allow you to borrow up to 90 percent on your savings at very reasonable rates —typically, seven or eight percent per year. This means that your net cost is very small, because your savings are being used as collateral and are still earning what they normally would in their particular account. Let's say you want to borrow a thousand dollars from a savings account. At one particular bank, for example, your savings earn you 5¼ percent interest each year—actually closer to a 5½ percent annual yield (5.47 percent, to be exact), since at this bank interest is compounded daily and paid quarterly. A passbook loan at that bank costs 7½ percent. It is a one-year, "discounted" loan, which means the interest is taken out in advance. In this case, you would actually receive $1,002.80 in cash, while you would repay $87 a month, for a total of $1,044. (That $1,044 is the amount you would have to keep in your savings account as collateral.)

But look at the math: The loan costs you $41.20 in interest ($1,044 minus $1,002.80). At the same time you're paying off the loan, however, the $1,044 in your savings account is yielding almost 5½ percent—about $57. That's almost $16 more than the loan actually cost you! Other banks have other variations on the amounts, but the principle remains the same: in most cases, you'll be making more in interest than you'll be paying on the loan. If you deal with a credit union, you may even get a partial rebate on the interest you paid.

• Life insurance loan

When you have built up some cash value on your life insurance, generally you can borrow most of that amount at five percent on older policies, six percent on more recent ones. You are under no time obligation to pay back the loan, so long as you keep up with interest payments. The catch is that you will be diminishing the face value of the policy—your family's protection—by the amount of the loan and interest outstanding. Be sure you don't get lulled into thinking it is just a convenient, cheap way to get cash.

• FHA Title I

Many banks and other financial institutions offer these special home improvement loans insured by the Federal Housing Administration. Especially for larger sums, the rates are a bit lower and repayment times can be longer (up to seven years) than with a conventional loan (see below). Currently FHA rates run from under nine percent to over 10½ percent annually, depending upon the amount and length of the loan. The most competitive FHA terms come with loans over $2,500; for less than that you'll probably be just as well off with a conventional loan. In fact, many institutions prefer not to get into the paper work required by FHA, or to carry loans under $1,000 for more than two or three years; in that case, you'll probably be wise to take out a conventional home improvement or personal loan.

• Conventional loans

Most commercial banks, mutual savings banks, savings and loan associations, and credit unions make unsecured loans for home improvements. Interest rates vary, but generally you will find a range of from 10½ to 12½ percent these days. (Credit unions often offer the lowest rates.) Before you sign up, be sure you understand: 1.) the annual percentage rate; 2.) total cost in interest and principal (whether it is an "add-on" or "discount" loan can make a difference; 3.) monthly payments; 4.) length of time to repay. Also ask if life insurance is included. (It's not, with FHA Title 1 loans.)

• Contractor loans

Usually a contractor just arranges the loan he gives you with the bank, so compare his costs directly with what you would have to pay if you took out the loan yourself. With reputable contractors, costs should be comparable; with some, there may be a hidden charge that costs you extra money.

• Credit card advance

If your line of credit is large enough for your home improvement needs, you might get a cash advance on your bank card account. Usual cost is one percent or 1½ percent per month (12 or 18 percent per year), depending upon local state law.

• Finance company loans

If you choose not to go to a bank, or you think you might have trouble getting the loan you need, it is usually fairly easy to get the cash from a finance company. However, you will pay for the easy credit. Often interest rates could go as high as 20 to 22 percent true interest a year, and sometimes lots more.

• Mortgage loans

Using your home as equity to obtain a mortgage loan—whether through refinancing your present mortgage or taking out a second mortgage—usually is not advisable unless you need several thousand dollars. For more information, see "Second Mortgage: Is it a good way to get money?," *Better Homes and Gardens*, March 1974. ■

Does your insurance guard against inflation?

With the cost of everything rising so rapidly, it's easy to lose sight of the fact that inflation means not only that things cost more, but that it takes more money to replace them. In other words, you have more to protect. It's important to see that all your insurance keeps up with the realities of inflation, as well as with your family's changing needs. The only way you can do this is to make a regular practice of looking over every policy you hold—at least once a year, if not more often—with this kind of reasoning in mind:

Tackle the rising-costs game from two directions. First, be sure you're covered adequately in terms of current and future costs. Second, be sure you're paying the least possible amount of money for that adequate protection—you don't want to waste your money on any extra premiums that aren't bringing you the precise type of coverage you need.

Don't hesitate to call your agent in and raise any questions you have about your insurance policies' effectiveness in the face of inflation. Here are some things to consider about getting the right protection at the best costs available:

Life insurance

There's no question that it will cost your family more to live in future years than it has in the past. It's definitely time to reassess

continued





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*2.0 ounce. Limit one per customer. BH





continued

Your insurance

your estate and the part that life insurance will play in it.

Keeping in mind that social security payments have increased and will continue to increase, you still must reconsider how much additional coverage you want to provide for your family. This doesn't mean that you must rush out and buy lots more insurance. It does mean that you should take another look at what your family would need if you were to die tomorrow, what they would need five or ten years from now, and what your wife would need once the children have grown.

If you don't think there will be enough to cover your children's college education, or if your mortgage has a long way to go and you are not insured to cover these payments, look into buying some *decreasing term* insurance to cover those needs for the years required.

Perhaps you'd like to provide some more coverage in general for your family's protection in the next few years, until your overall financial position and earning power have improved. If so, consider buying more regular *term insurance* for the time being. (Be sure that it is *convertible term*, so you can change it without any problems into straight life later on if you choose, even if your health changes. Term insurance gets increasingly expensive each time you renew it every five years or so.)

Another protection against higher living costs in the future is to look for insurance policies that guarantee that you can buy specified amounts of different coverages in future years without having to have another health exam.

Still another way to get more protection as the dollar's value shrinks is to arrange to *have your dividends (if any) reinvested* automatically to buy additional insurance coverage.

Finally, in the near future you may be able to buy a new kind of insurance called *"variable life insurance."* The idea is that there's a guaranteed minimum face value, but that the death benefit payoff goes up and down depending upon the performance of a special fund invested by the insurance company in the stock market. No one knows for sure how well these policies will perform, but they definitely are something to inquire about.

Incidentally, variable life insurance is not the same thing as a "variable annuity." While a "fixed" annuity is a guaranteed income given to you each month for a specified number of years or until death, depending upon the particular plan, variable annuities were designed to fluctuate with the fortunes of the market in the hope that they would keep up with inflation. Generally, their track record has not been particularly good in the past few years. (But then, neither has the stock market been very satisfactory.) However, if you are approaching retirement and you have this option—say, through a group policy—it is something to consider at least.

Health insurance

If you have not reviewed your private health insurance policies over the past few years, you had better get them out right now. By the same token, you should take a good look at whatever group coverage you have through your company. It is quite possible that there may be considerable gaps you'll want to fill with new insurance coverage.

The cost of health care has been a monstrous victim of inflation—double what costs were in 1964, and triple what they were in 1960. To avoid financial disaster, your health insurance should provide for huge medical expenses through an adequate "major medical plan" in addition to your "basic" coverage (such as Blue Cross/Blue Shield).

Go through your policies very carefully with your agent or your company adviser, and then do some research on your own to find out what various medical costs actually are in your area. Check with your family doctor, your hospital information office, and your local medical society to find out about such basic costs as hospital room, doctor visits, and so forth. And don't overlook the possibility of major illnesses or operations.

Once you have a good picture of your present coverage and your potential liability, sit down with your agent to see if you can fill in the gaps. One key question to ask yourself is how much out-of-pocket expenses you can afford:

continued

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She watches her weight and has the figure to prove it. She keeps healthy, too. Because she knows most women need almost twice as much iron as a man—to replace monthly losses. And when you're cutting calories, it's nearly impossible to get all that iron from meals. And hard to be sure you're getting enough vitamins, too. So the only thing she trusts is One-A-Day® Brand Multiple Vitamins Plus Iron. Ten vitamins. Plus all the extra iron most women need.

She's a One-A-Day Girl.



Shouldn't you be a One-A-Day Girl, too?

Buying Guide

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 134 for this shopping information.

continued

Your insurance

as a rule, the larger the deductible (what you pay before the insurance starts contributing) on your major medical, the less costly the insurance. For more information, see "How to survive catastrophic medical costs," *Better Homes and Gardens*, March 1974.

Property insurance

Most important with property insurance is to be sure that your home is covered for *at least 80 percent of its replacement cost* at today's prices. If you have coverage for 80 percent or more of current value, most insurance companies will pay the full replacement cost of partial damage to your home, without regard to depreciation.

Important, too, is the fact that the most you will ever receive on your homeowner's insurance is the face amount of the policy. If your house is covered for $35,000 and it burns to the ground, that is all you will get even if you might have been able to sell the house for $45,000 or it would cost you that amount to build it again. It's your decision how much you want total coverage (beyond 80 percent) to reflect the true value of your home.

What is happening, of course, is that property values and building costs are rising at a rapid clip. It is essential to recheck your insurance each year in view of these rising prices. Keep an eye on current sales prices for homes in your neighborhood that are similar to yours. Also survey local building costs—material, and labor—from time to time. Here are three specific tips to help keep up with inflation.

1.) Ask your insurance agent about an *"inflation guard endorsement."* The details may vary from one company to the next, but basically what you get is an automatic rise in your coverage at a regular rate. Your premiums will rise too, but if you start out by following the 80 percent rule, this inflation guard endorsement should keep you out of trouble.

2.) If you make any *major additions* to your home, don't forget that the project will add considerably to your home's value. With any significant home improvement activity, call your insurance agent and give him detailed facts about the improvement to make sure he ups your coverage accordingly.

3.) As for *personal property* coverage under your homeowner's policy, be sure to keep good records of what you bought when, so you will have substantiatio for your claims. It's a good ide to make an updated inventory li of everything you have in you home, room by room, each yea Also remember that certain valu ables such as jewelry, furs, pain ings, and collector's coins may b rising in worth; you might wa extra insurance to cover them.

Automobile insurance

Automobile insurance requir ments vary from state to stat and you should always be su you are operating in accordan with the local rules.

Juries seem to be in an infl tionary mood with liability cas these days, so be sure you ha *adequate liability coverage*. Mo experts think you should have least 50/100/25 ($50,000 cove age per individual, $100,000 co erage per accident, $25,000 co erage for property damage). you are in a high income brac et and more vulnerable to a li bility suit, you might go as hi as 100/300/25. Also doubl check your liability situation you are involved in a car po now because of the energy cris Unless you're making a financ profit on the pool, there's pro ably no problem, but check to sure.

On the other hand, the ener crisis may mean you are drivi less, so ask your agent if y are entitled to a discount.

If you have an older car, certain *you are not overinsur* In fact, you should cancel yo collision insurance once your c lision premium and deducti add up to close to what the ca worth on the market. Use same line of reasoning about yo comprehensive insurance (for and theft).

Especially with automobile surance, it pays to shop arou before you buy. You are v likely to find that you can the same coverage from differ companies in a surprisingly w range of costs. Look into spe discounts, such as those for g students, two-car ownership, s driving record, bumper guar and so forth.

As you shop, do some s searching about how much ductible you want to take. If feel that you can afford the $100 or $200 to repair your your premiums for collision c erage will cost a lot less. ■

Family Money Management Next Month:

- How to choose a real est agent
- What you should kn about bankruptcy
- Concerned Consumer: H to cool your house cheapl

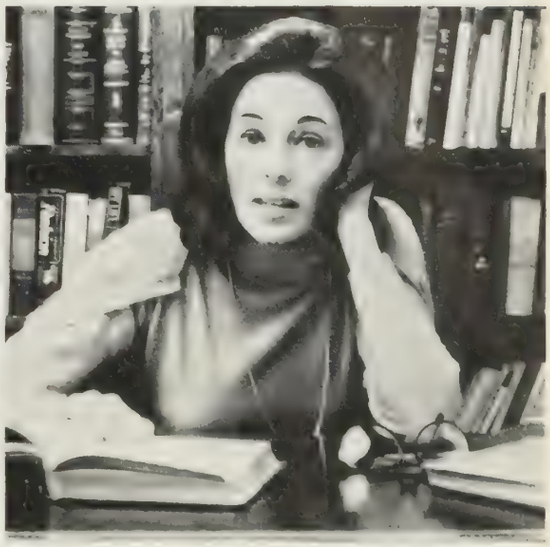
4 months ago I was a gray, plump mother of 3. Now I'm a trim, brunette college freshman.



I'm still a mother of 3. But I'm a whole lot more. And nobody's happier about it than Jim and the children! I guess it all happened because I saw my "babies" growing up so fast, needing me less and less.



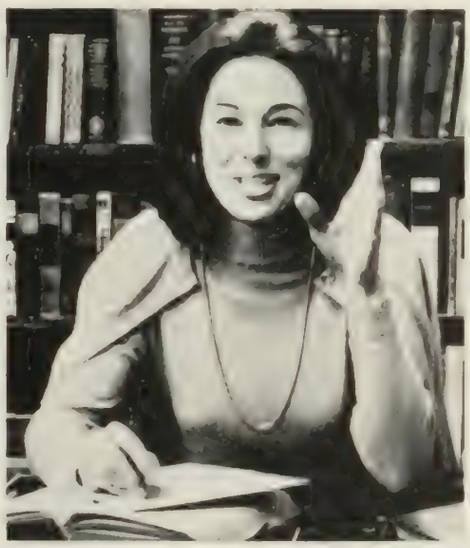
If they missed a meal my whole day would seem shot. And I knew I had to do more with the next decade of my life than sit around counting my birthdays and gray hairs, making my children feel guilty for leading their own lives!



I think the whole thing got going the day I got the courage to color my hair. I'd always been a little afraid of haircolor, but I'd heard that Loving Care® lotion was a very different proposition. And it is!



It's not a permanent dye or a peroxide thing. It doesn't change your own color. It just rinses away the gray. And looks really natural—with soft natural highlights.



Well, it was so exciting to get my own brunette color back it gave me the encouragement for once to really stick to my diet. And now here I am—starting college! Of course, I only go part time. But it's a start.



But that's what's so great. To see, at this point in my life, so many things ahead. To feel, in so many ways, I've only just begun!

You're not getting older. You're getting better!™



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Step-by-step designing

The key to a successful home improvement project is advan planning. The simple steps explained here will help you map o your project, and visualize how it will fit your space.

Right now, all you probably have is a vague idea of a proje you'd like to build in one of your rooms. The following planni procedure is the same whether you want to build a simple cabin or a shelving storage unit that stretches across an entire wall.

The basic planning tools you will need are: a tape measure yardstick, pencil, ruler, compass, graph paper (four squares p inch or larger) *or* a T square and drafting triangle.

Take some scratch paper, a pencil, and a tape measure or yar stick to the room where you are going to build the project. Ma a rough sketch of the room, indicating windows, doors, and oth permanent fixtures such as fireplace or built-in bookcases.

Measure the full length of each of the walls and mark it dow on the sketch. Next, go back and measure along each wall, brea ing it down into individual units such as the distance from t corner to a window, from the window to a door, and from the do to the next corner.

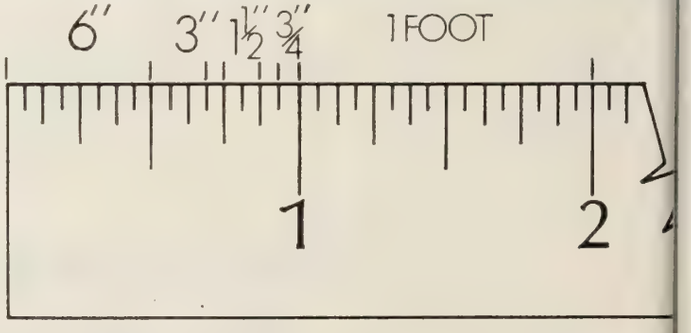
Add up the individual measurements. They should equal yo first measurement of the full-length wall. If you're off one in or so, don't worry about it. If there is a large discrepancy, measure to find the error.

Never assume a room is square or that walls are at right angl This is especially important if your project includes paneling another wall covering. To check walls for right angles with flo and ceiling, use a plumb line or bubble level.

While you're still in the room, measure *every* piece of furnitu that you intend to keep in the room. Since this is a plan drawi as opposed to an elevation drawing, imagine you are looking do from the ceiling at your furniture. Measure the largest dimensi you see. For example, measure the diameter of a pedestal tab top or the shade of a lamp, not the base of either.

If you are planning to purchase new furniture or include ad tional accent pieces, be sure to jot down their measurements. A if the actual item isn't available, and you're not quite sure of overall dimensions, estimate as best as you can and then ad few inches for good measure.

Now you are ready to use your rough sketch as a guide drawing your room plan. Use a sheet of the ¼-inch graph pa or any other grid that's large enough to read easily. To get all elements in proportion, use reduction scaling. A simple reducti scale is one inch on the graph paper equals one foot in your roo Thus, if a wall in your room is ten feet long, make the line on y paper ten inches long. The drawing below shows a further bre down of this scale.



On your graph paper, draw in the exterior walls first and t mark off windows and doors. Use a compass to make an arc r resenting the space allowed for door swing.

Some projects necessitate dividing a space into an odd num of spaces. For example, you may be planning to divide an eig foot wall into three sections for bookcases. The following draw

continued on page 63

Now little girls can make dreams that won't come apart at the seams.



We call it Sew Magic,™ and it's the most remarkable sewing machine ever invented for children. It makes real, grown-up seams. But it does it without needle and thread. It sews with Miracle Stitch,™ a hold-tight bonding process that makes sewing so simple and safe even a 5-year-old can now make just about anything she can dream up.

To go with it, you can also buy some new cordless electric scissors. And a Carry Case. And Sew Magic comes complete with fabrics, reusable patterns, trims, instructions. Add a little girl's imagination (and some old scraps if she gets really industrious!) and she can:

1. whip up some Barbie® costumes
2. make a tablecloth
3. trim curtains
4. design a wall hanging
5. make some pillows
6. or a rag doll
7. put patches on her jeans
8. make an apron

And on. And on. Making all kinds of dreams. Some useful. Some silly. All fun. And all with seams that last. We're just sorry we didn't think of it when you were her age.

Sew Magic™

The Imagination Machine

Batteries not included.

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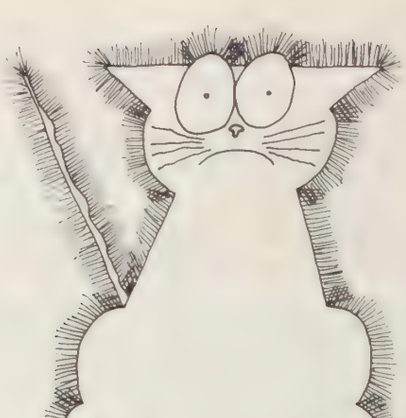


Nature lover.

Ful-Stain was made for outside wood surfaces. Your house, fences, outdoor furniture. Easy-to-use Ful-Stain will help them to blend beautifully with nature in 912 richly pigmented shades. And that beauty will last, because Ful-Stain penetrates beneath the surface to help preserve and protect your wood.

Buy Ful-Stain at the paint dealer where you see the sign of O'Brien, Fuller-O'Brien, or Duralite.

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How to get along with your veterinarian

Sooner or later your dog or cat will have to visit a veterinarian. Even if your pet is never sick a day in his life, he needs vaccinations and periodic checkups. Here are a few hints that will help make the next visit as pleasant as possible for you, your pet, and the staff at the veterinary hospital.

Get your pet accustomed to car rides before his first trip to the veterinarian's office.

Take your pet to the country the next time your family goes on a picnic. Let him tag along while you run errands or go grocery shopping. Make sure he associates the car with having fun. If his only car rides end at the veterinary hospital, he may learn to hate or fear the car. Then you'll have to fight to get him into the car, and his general apprehension may lead to chronic car sickness even on future pleasure trips.

Demonstrate a positive attitude toward veterinary visits and your confidence will rub off on the dog.

If you're uneasy, he'll sense it and become uneasy himself. Let him know that this trip to see the veterinarian is just another of life's necessary routines.

If you have to leave your pet for any length of time, keep your goodbyes brief. He probably will be apprehensive about your leaving him in the hands of strangers, and cooing over him will only add to his forebodings. When you return to pick him up, try to postpone the really exuberant greeting until you get home. A veterinarian's office is a hospital—jumping, joyful dogs are a disturbance in the waiting room.

Leash-train your dog at home rather than wrestling with him in the reception room.

There's a distinct difference between having your dog leash-trained and just having him tethered to the other end of the leash. The leash should imply restraint to the dog so you don't have to tug and pull him. If your dog doesn't understand the leash, leave him in the car while you check to see if the coast is clear in the waiting room. At that time you should also inform the receptionist and veterinarian that you're about to enter with a rambunctious but lovable dog who is upset about visiting the hospital.

Keeping a cat under control in the reception room as well as in the car is relatively easy if you have a special cat carrier. This will keep him out from under your feet while driving and could save you from some nasty scratches should he seek security from strange dogs at the doctor's office by trying to climb to the highest point on your body. Most cats feel very secure once inside the carrier. Put your cat inside while still in the security of your living room.

Walk your dog before taking him into the reception room.

Even the best trained dogs forget their manners amid the strange sights, sounds, and particularly exciting scents in a veterinary hospital. If your dog does start to have an accident in the office, don't drag him to the door. You'll just make the mess harder t clean up.

Warn the veterinarian and his sta if your pet is apt to be surly aroun strangers.

They'd rather you tell them tha find out for themselves when dog who "just loves everyon bites the hand that treats him.

Also forewarn the veterinaria if your dog likes to fight wi other dogs. While all animal ho pitals keep dogs segregated separate kennels and runs, a aggressive dog will cause few disturbances when kept in a ke nel buffered by empty enclosur on either side.

Know your veterinarian's hou and abide by them.

Some veterinarians work by a pointment only and others on first come, first served basis. Fi out how your pet's doctor budg his time, then try hard to coop ate. The idea of an appointme system is to make time availab for each patient and his own while keeping the waiting roo relatively uncongested. If y just walk into the office witho calling ahead, don't be upset ov having to wait while the doc examines four or five other d and cats. There is only so mu one person can do, and veterina ians work hard to give every individual attention.

Try to get your pet to the hosp before his illness becomes emergency.

If you wondered all day the before (and perhaps the day

continued on page 157

"He demolished it." Ann Dowie





"What kind of dog food do you buy?"
"Canned."



"I'm going to put Gaines·burgers down for him." "Okay."



"Does that little test tell you anything?"
"Well, it must have a good flavor...he certainly went through it. You'd think he was starving."

We went to San Francisco to prove dogs who like canned dog food will like Gaines·burgers. We fed Gaines·burgers to dogs who eat canned dog food. Did they like Gaines·burgers? Ann Dowie's reaction was typical of most of the dog owners we spoke with.

More dogs and their owners discover dogs who like canned dog food like Gaines·burgers.®



Gaines·burgers. The canned dog food without the can.®

In beef or cheese flavor.

GF
GENERAL FOODS





La Choy® swings American with

Mom's Bean Sprout Salad

Combine 2 cups diced cooked ham and 1 can (16 oz.) LA CHOY Bean Sprouts (rinsed and drained), ¼ cup French dressing, and 2 teaspoons LA CHOY Soy Sauce. Chill in refrigerator for 30 minutes. Add 2 tablespoons each: chopped green onion, chopped green pepper, and chopped celery, ½ cup chopped sweet pickle, dash pepper, and ¾ cup mayonnaise. Toss lightly and serve on crisp salad greens. Makes 4 servings.

david's dad's salad dressing

A self-acclaimed connoisseur of blue cheese salad dressing, Irving "Chris" Christensen of Fort Myers, Florida, finally decided to concoct his own special version. It took several years of experimenting, but Chris ultimately perfected this creamy dressing and agreed to share it with us.

The dressing was named by Mark, a small neighbor boy. While eating the dressing on bread, he observed, "David's Dad's Dressing sure makes a good sandwich!" The name stuck. Chris' sons, David and Roger, and wife, Evelyn, enjoy his now famous recipe as a dip for crackers and crisp raw vegetables, as well as a salad topping.

DAVID'S DAD'S SALAD DRESSING

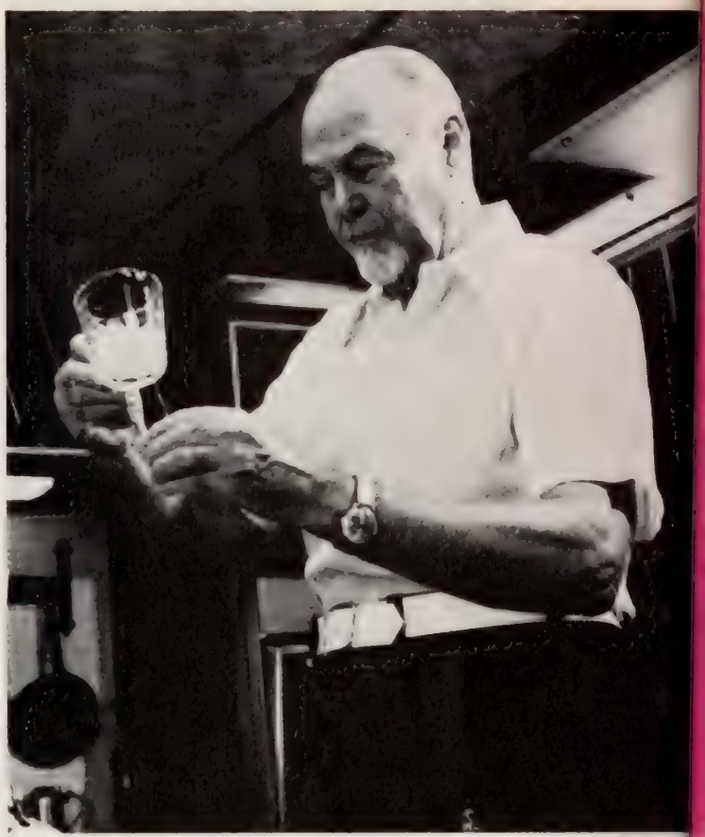
If you don't have a blender, grate the onion and beat all ingredients except the blue cheese with your electric mixer—

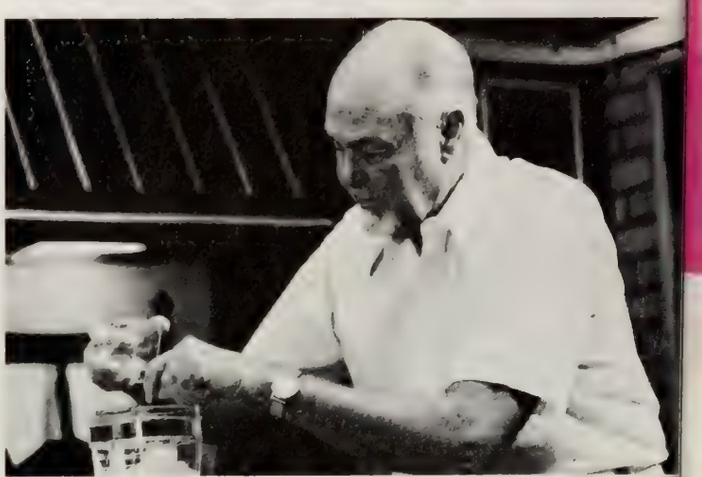
1 small onion, cut up
1 cup mayonnaise or salad dressing
⅓ cup salad oil
¼ cup catsup
2 tablespoons sugar
2 tablespoons vinegar
1 teaspoon prepared mustard
½ teaspoon salt
½ teaspoon paprika
¼ teaspoon celery seed
Dash pepper

• • •

1 cup (4 ounces) crumbled blue cheese

Put all ingredients *except* blue cheese in blender container; cover and blend till smooth. Remove dressing from blender container; stir in blue cheese. Cover; chill. Garnish with additional crumbled blue cheese, if desired. Serve over your favorite tossed vegetable salad. Makes 2½ cups salad dressing.







Buying information, page 134

Photographs:

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. No food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become property of Meredith Corporation.

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It's great for melted cheese sandwiches and a whole variety of delicious convenience foods and snacks.

This handy oven will bake them, brown them, toast them...fast! So you won't have to heat up the big stove.

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SUPER SPEED. Toasts faster than any other toaster-oven.

FULL-RANGE OVEN CONTROL. Gives you convenient and exact oven temperature.

KEEP-WARM DIAL. Keeps food warm — without burning — till you're ready to eat. Only Proctor-Silex has this feature!

BIG "SEE-THRU" WINDOW. Now you can see the food brown to the exact shade you want.

EASIEST CLEANING. The only toaster-oven in which oven tray, grill and crumb tray come out for easy total cleaning!



And here's what else you get: 6 jars of Smucker's jams, jellies or preserves — any flavors you choose — FREE.

The delicious flavors of Smucker's will give you the crowning touch for the perfect toast and muffins you'll get from your new Proctor-Silex® Toaster-Oven.

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Clip and send this to Proctor-Silex with your proof of purchase.

Gentlemen: Yes, I want to take advantage of your sweet offer. I enclose as proof of purchase the words "Toaster-Oven by Proctor-Silex" clipped from the bottom of the back cover of the instruction booklet packed in my new Proctor-Silex® Toaster-Oven. I made my purchase between April 1, 1974 and June 30, 1974.

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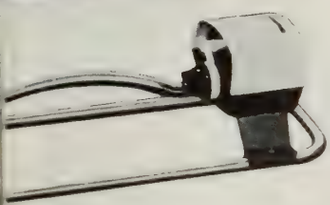
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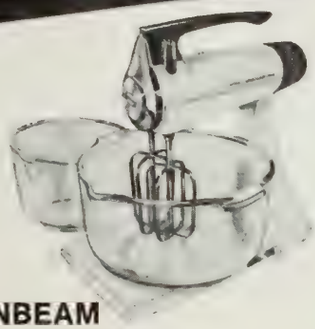


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THE EASIEST FLOWERS YOU CAN GROW

Beauty without bother. That's the goal, and these great annuals and perennials can help you achieve it. They'll bloom reliably—often all summer—and require only routine care in return for continuous garden color. A special care note: water plants in pots more often than those growing directly in the ground. However you use them, put one or more of these performers in your plans—you'll be glad you did when the annuals blaze color for months this summer and the perennials return unprompted next season.

By Hamilton Mason and Beverly Garrett



Celosia Red Fox is well named—it's carmine red, fluffy, and clever at adapting to a variety of garden situations. Try this 1974 All-America medal winner in a lineup along the lawn or in a raised planting bed by a terrace, or put the plants in pots that you can move wherever you need dependable color. Semidwarf in habit, Red Fox grows just two feet high. Given full sun it will bloom from June until fall. Use the plumes fresh as cut flowers—they'll last for days—or dry the flower heads for winter arrangements.



Shining like disks of spun gold, California poppy Ballerina Yellow blooms its way through summer. Its semidouble ruffled flowers differ so markedly from the single annual poppy that you question the relationship. Happy in dry, sunny locations, the 12-inch plants branch freely and flower with abandon. Sow seeds now directly where plants are to grow; in warm climates, poppies can be fall sown, too, for early flowers in the spring. The Ballerina poppy seeds also come in mixed colors—rose-red, scarlet, and orange.



Undiluted orange—pure and wonderful—lifts calendula Orange Gem out of the ordinary. Cut what flowers you want from the bushy plants; you'll never miss them from the garden. This obliging annual grows just ten inches tall; sow seeds in a sunny bed along a patio, or plant in pots. Either way, mass plants to get maximum color impact.

Here, the front bed overflows with Orange Gem while marigold Red Seven Star takes over along the fence line. This new marigold, 14 inches tall, shows some scarlet.

A single clump of rudbeckia Marmalade can cheer you all season. But if you really want bright summer, space clusters of these new annuals at intervals in your border, preferably where you can see them from indoors, too. Marmalade thrives in the sunshine and goes reasonably well in partial shade. Only 12 inches tall, it's a better bedding annual than most rudbeckias; the plants start quickly from seed. In warm areas where temperatures stay above zero during the winter months, treat Marmalades as perennials.



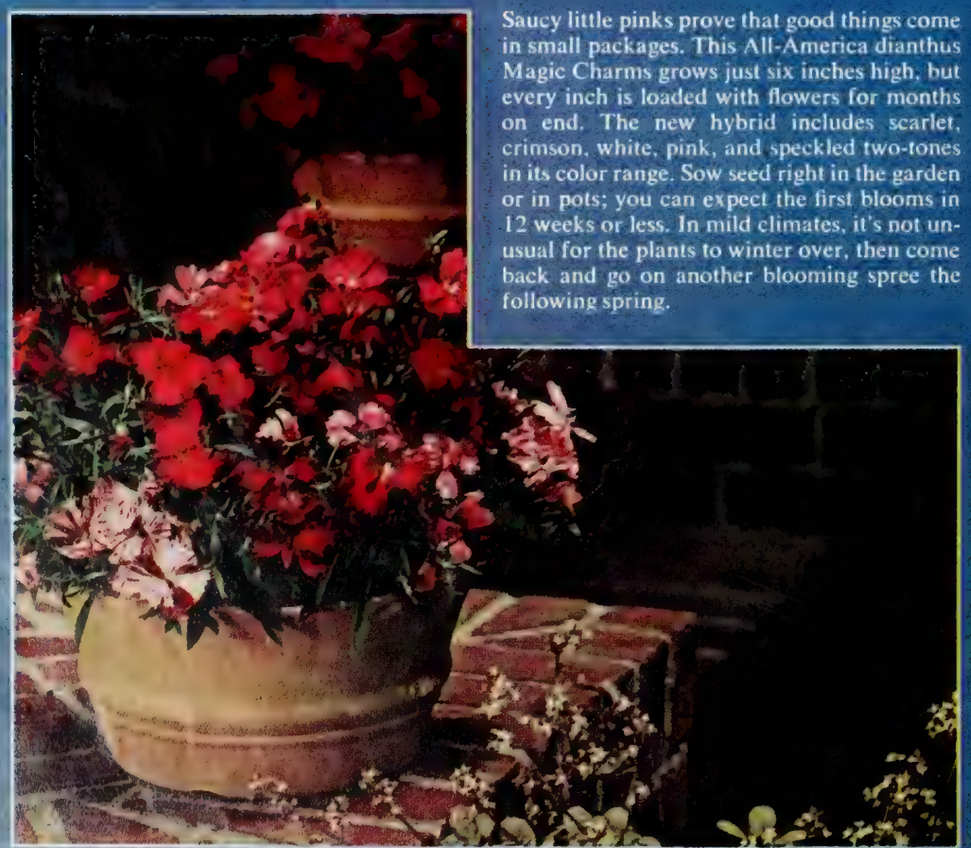
THE EASIEST FLOWERS YOU CAN GROW





Mass petunia Blue Joy like a royal carpet along your garden walk, at the edge of the patio, or anywhere else you need a rich, purplish blue to play against pinks, yellows, or white. Here, Blue Joy, a multiflora hybrid, teams with Totem Pole Rose asters which produce gigantic (six inches across), shaggy blooms all summer. Direct-sow these asters in the spot you want the color—by mid-season each plant will be sending up eight to ten strong flower stems. The plants are sturdy and grow just two feet high.

Each flower of Salmon Bouquet petunia is like a nosegay. The big (four inches across) blooms are subtly bicolored—pale pinks blend with salmon pinks. Use this easy-growing variety in a spot where the flowers can be admired close up—these outsize pots on the deck steps would be hard to miss. During the summer months, clip off all the faded flowers. Cut the plants back, too, if they get rangy; usually you'll just have to trim a few inches. Like all petunias, Salmon Bouquet performs best when planted in full sun.

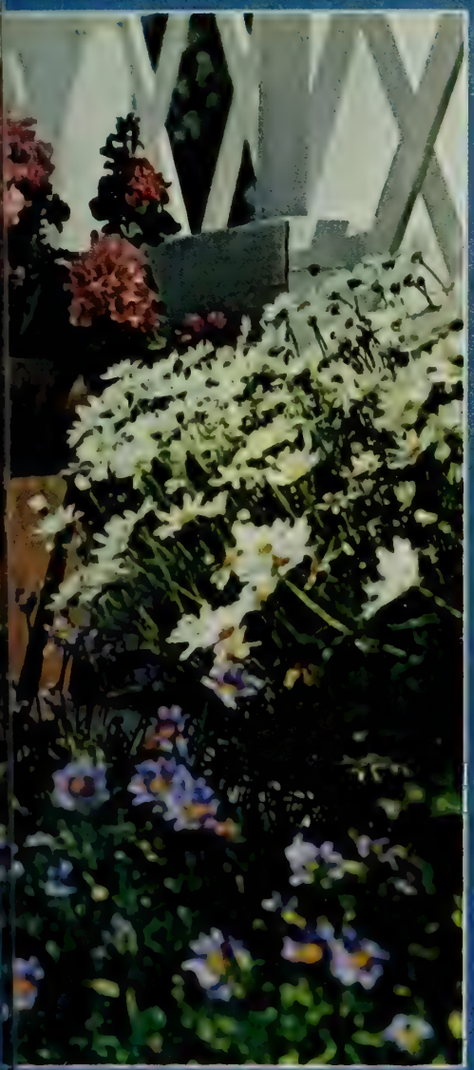


Saucy little pinks prove that good things come in small packages. This All-America dianthus Magic Charms grows just six inches high, but every inch is loaded with flowers for months on end. The new hybrid includes scarlet, crimson, white, pink, and speckled two-tones in its color range. Sow seed right in the garden or in pots; you can expect the first blooms in 12 weeks or less. In mild climates, it's not unusual for the plants to winter over, then come back and go on another blooming spree the following spring.

If you think of white as a filler color with no flair in its own right, look again at petunia Snow Cloud. Its huge five-inch flowers will change your mind. A hybrid grandiflora, Snow Cloud takes rain and wind without discoloring. Six plants bush out to fill this 21-inch hanging pot; the container is positioned so the sun-loving petunias are in full brightness from 11 a.m. on. To get quick results with petunias, buy started plants of your favorite varieties at a local garden center. Sowing seed takes a lot longer.



Photographed at Roberts Ritz . Sources: Pauline Graves, Jean Taylor





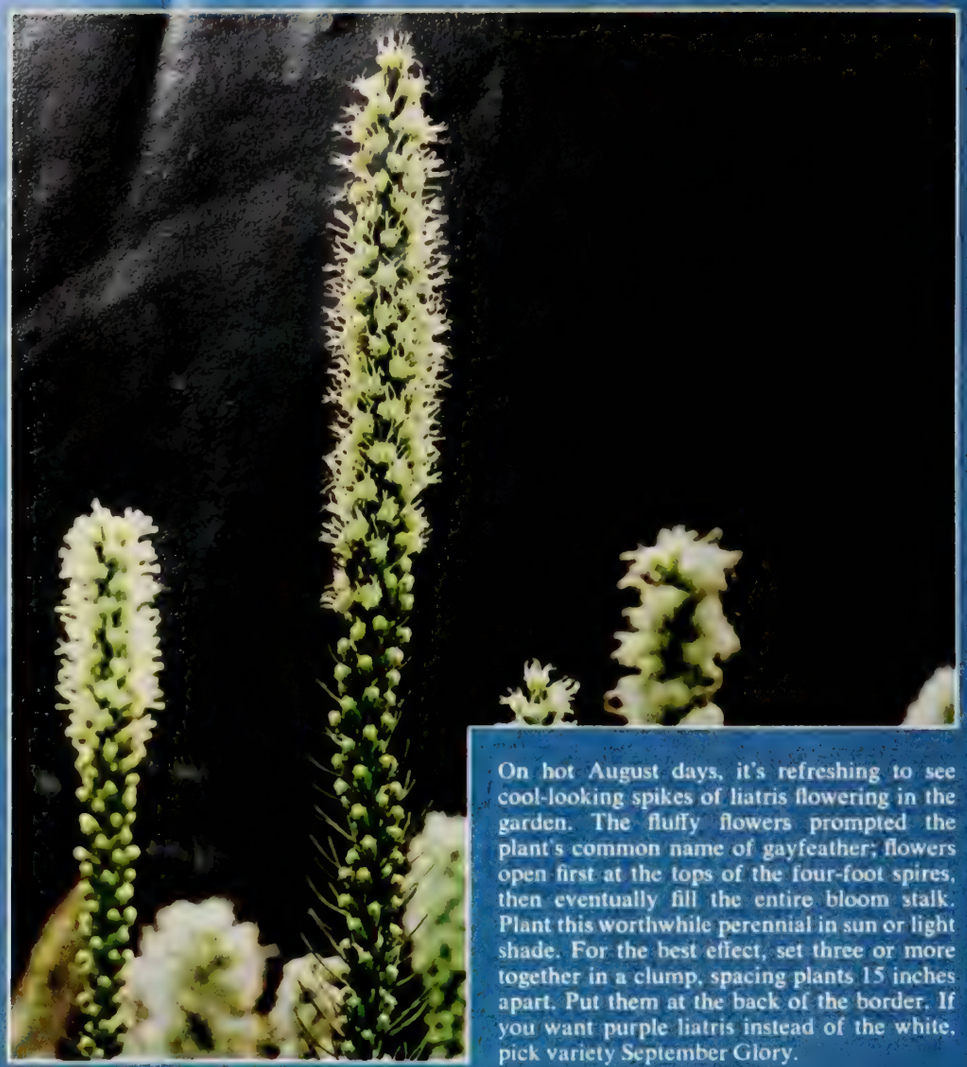
Carry banner colors outside this year by combining Sprinter geranium and Snowflake dianthus. The red-and-white duo will command attention. New Sprinter plants start blooming when they're young and never let up; they branch freely which means more flowers for you. The color? Fire-engine red. Snowflake, a new dwarf that seldom reaches above eight inches, is constantly covered with two-inch flowers that look like real snowflakes—the edges of the petals are notched and serrated into symmetrical patterns.



At the edge of a deck or any other place you want smashing color, team 1974 award-winning Scarlet Ruffles zinnia with Yellow Nugget marigolds. Scarlet Ruffles presents its vivid, ball-shaped flowers on strong 28-inch flower stalks—they hold well when cut. Yellow Nugget marigolds begin blooming just five weeks after you sow the seed—and they never stop until frost hits. All Nugget marigolds (orange and gold also are available) grow ten inches high; they work well in window boxes or in pots on the patio.

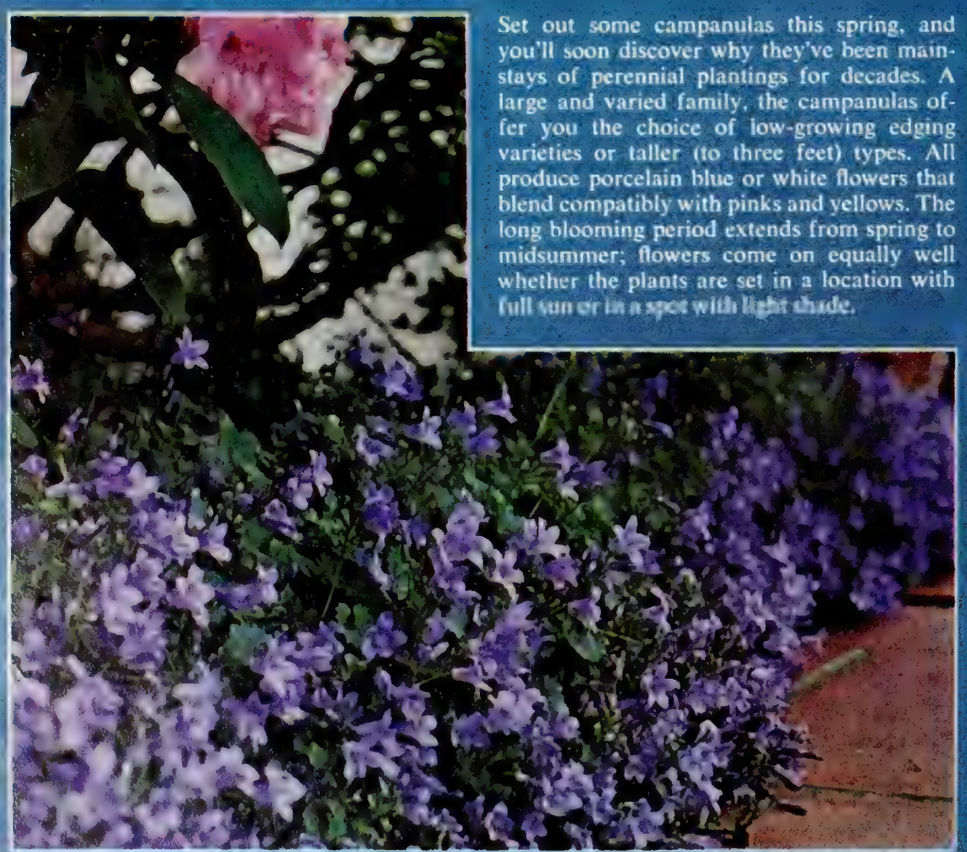


Photographs: [illegible]



On hot August days, it's refreshing to see cool-looking spikes of liatris flowering in the garden. The fluffy flowers prompted the plant's common name of gayfeather; flowers open first at the tops of the four-foot spires, then eventually fill the entire bloom stalk. Plant this worthwhile perennial in sun or light shade. For the best effect, set three or more together in a clump, spacing plants 15 inches apart. Put them at the back of the border. If you want purple liatris instead of the white, pick variety September Glory.

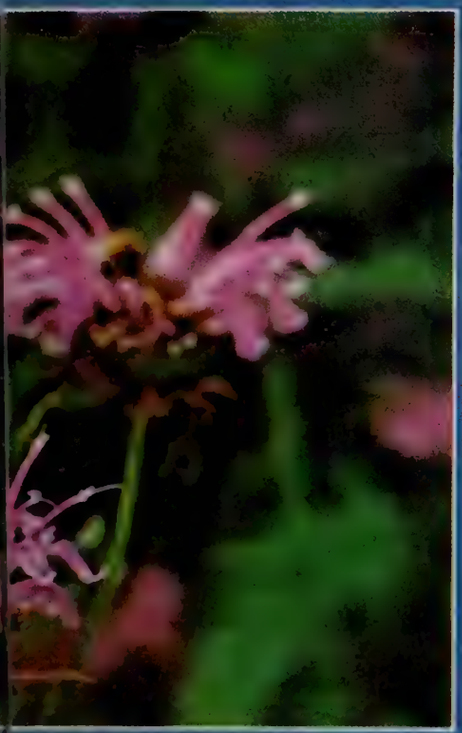




Set out some campanulas this spring, and you'll soon discover why they've been mainstays of perennial plantings for decades. A large and varied family, the campanulas offer you the choice of low-growing edging varieties or taller (to three feet) types. All produce porcelain blue or white flowers that blend compatibly with pinks and yellows. The long blooming period extends from spring to midsummer; flowers come on equally well whether the plants are set in a location with full sun or in a spot with light shade.



HE EASIEST FLOWERS YOU CAN GROW





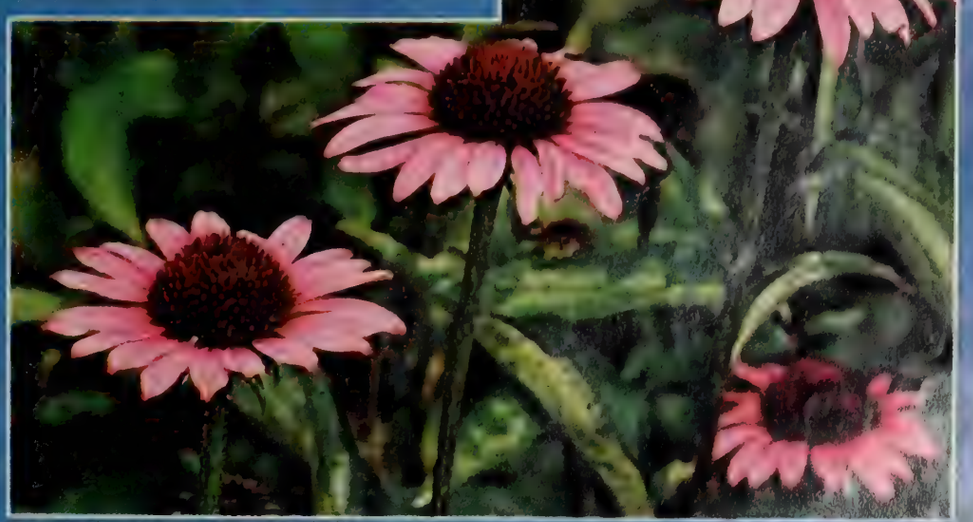
clump of monarda in bloom is an open in-
tation to all bees and hummingbirds in the
eighborhood. And you will like the way the
aggy flowers brighten the garden through
ly and August. Even when they're not in
wer, three-foot plants boast a minty fra-
ance that's pleasant; try the leaves as tea
as spice for a salad or fruit punch. These
commodating perennials will grow in sun
shade; plant them 12 inches apart. It's wise
raise old clumps and divide every three
ars to keep plants thriving.

If bold effects please you, you'll love kniphofias. These red-hot poker-plants can't be beat for sheer drama. And now their impact can be enjoyed over a much longer season; some new varieties start blooming in June, others take over from July through September. Primrose yellows, whites, and interesting bicolors offer you planning flexibility. Once you get kniphofias established (in a sunny location), leave them alone. The plants like to settle into one garden spot, then grow undisturbed by moving or dividing.

may be coincidental, but the engaging
rennial thrift is really thrifty when it comes
the amount of water and nutrients it ex-
nds growing. It thrives in dry, sandy spots,
t also adapts to sunny, fertile, and well-wa-
ed niches in rock gardens and at fronts of
wer borders. This 15-inch Royal Rose vari-
sends up masses of clover-like flowers
ay to July. *Laucheana* is just six inches high.
rifts, which are also called sea-pinks, are
preciated for their attractive green foliage
ich they hold almost all year.

A pink sunflower? Well, almost. The Robert Bloom coneflower has the conical-centered blooms and the free-branching vigor typical of sunflowers. Easy to grow in either full sun or light shade, these three-foot perennials need no special attention. Plant them singly or in groups, 12 to 15 inches apart. To keep your plants in peak condition, divide and replant every three years. The divisions are no problem—once you've discovered how great they are you'll always find garden space for more coneflowers.

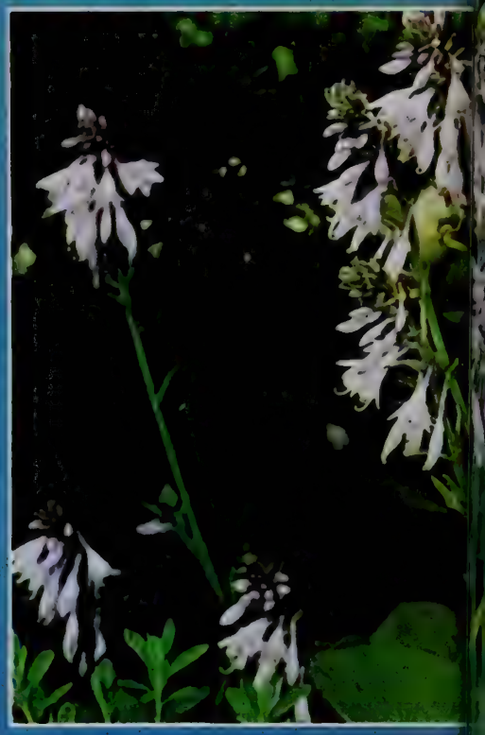




Photographs: Gaines de Lemos, Fred Lyon, William Aplin

THE EASIEST FLOWERS YOU CAN GROW





Completely trouble-free, heliopsis or false sunflower sends up masses of blooms every summer. Smart gardeners who like the sun colors have been using heliopsis for years at the back of borders (it's three feet tall) or in accent clumps where the flowers can show in all their glory from June until frost. The four-inch blooms are almost double, great for cutting and use in informal bouquets.

Heliopsis spreads by underground roots; when the plants become overcrowded, divide them in either the spring or fall.

Hostas excel at producing beautiful foliage in deep shade—that's reason enough to give them growing room. But if you need extra incentive, consider that they're dependably winter hardy and disease-free; larger varieties will do your weeding for you by shading out competition. And you get a lot to choose from—the hostas are a big and varied family. Some leaves are pure green and glossy; others show irregular stripes or have a neat margin of boldly contrasting color. Some have foliage that looks like it's been quilted.



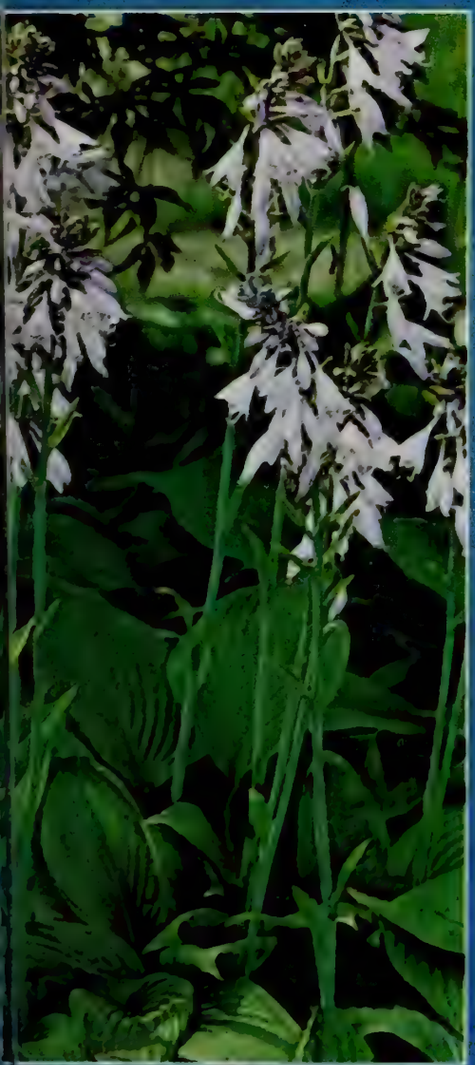
You can depend on lobelias to brighten your moist, shady spots during July and August. Try subtle *Lobelia vedariensis*; rich violet flowers dot the 15-inch stems for a month or more. Enjoy them in the garden—they're not for cutting. If you would rather have fiery red flowers, plant the closely related cardinal flower. Its riot of color starts in late summer and continues well into the fall months. Although each plant sends up six or so flower stalks, lobelias still look better when planted in large clumps.

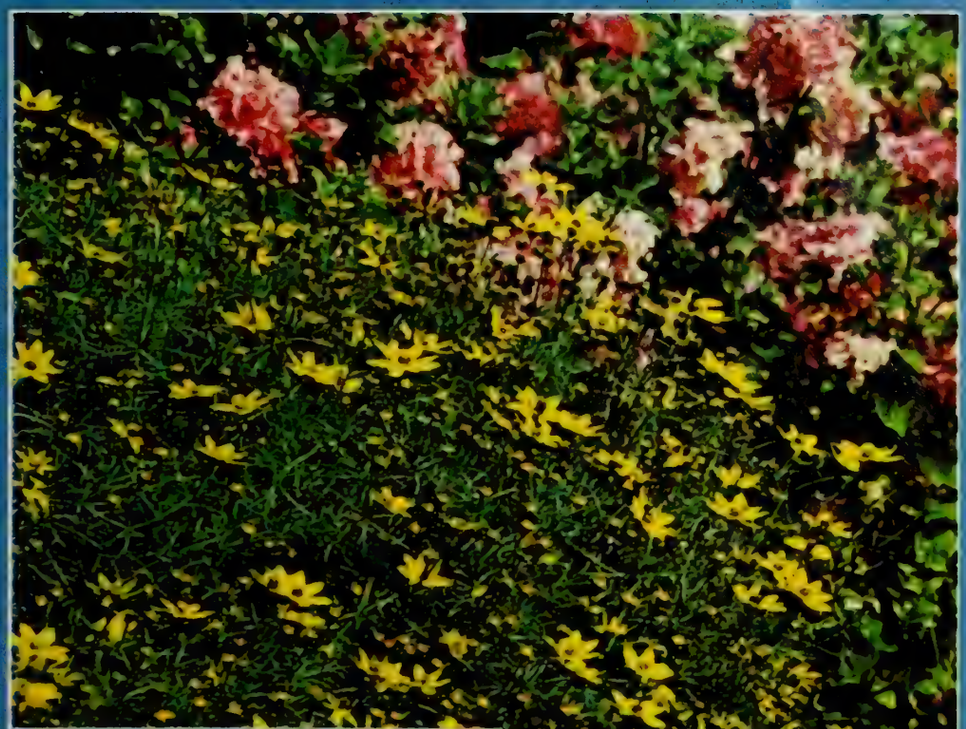
The scant care daylilies ask earns them a high place on every list of favorite perennials. They're healthy, need no staking, withstand heat and even drought, and will flower abundantly in partial shade as well as sun. By selecting varieties according to when they bloom, you can have flowers from June until frost. Growers list varieties as early, mid-season, and late, so check on the blooming time before you buy. Daylilies stay in bounds in garden beds and borders; you only have to divide them after five or six years.



Photographs: George de Gennaro

Photographs: Fred Lyon





Coreopsis blooms cheerfully all summer, producing its yellow daisy-like flowers in quantities that would shame many annuals. To make matters even better, this obliging perennial isn't fussy about soil, refuses to wilt down when left without water, and is impervious to insects and diseases.

Check for started plants at your nursery now—they'll flower shortly after you set them out. Baby Sun variety grows just ten inches tall; its a good edger. Golden Showers variety, above, is 16 to 18 inches high.



A natural for wild gardens, lysimachia or loosestrife is equally at home in more formal plans. You'll find this two-foot perennial just what you need to fill a shadowed corner where few plants will grow, let alone bloom. The white flowers of *Lysimachia clethroides* lighten a shady bed in July and August. And since the plants are adaptable as well as hardy, you can also expect blooms if you plant them in the sun. They do like moisture, so remember to keep the plants well watered if the summer rains are scanty.





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*Cloud Supreme 5 by 6 foot carpet samples have been machine washed and dried in home laundry equipment by and to the satisfaction of the Good Housekeeping Institute.

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Comes with attractive white or cherry cabinets. Or installs easily atop any twenty-four inch cabinet.

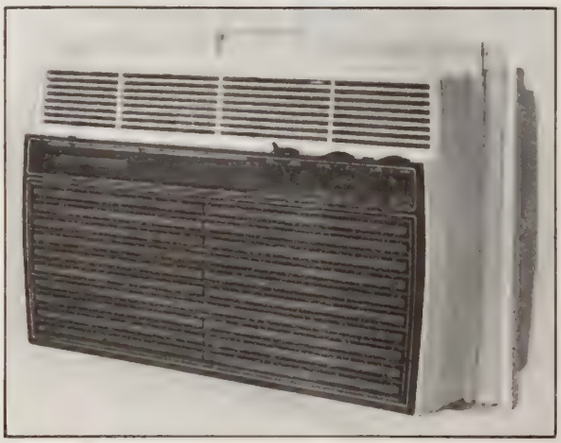
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NEW PRODUCTS Douglas M. Lidster

GOOD NEWS



Keep cool this summer without over-consuming energy. This lightweight portable air conditioner features a rotary compressor that makes the most of the electric power required to cool and dehumidify hot, humid summer air.

Power to the rotary compressor is direct; there's no piston to drive so less power is needed. The 6,000-BTU model runs on any adequate household circuit and uses only 840 watts of electricity—about 30 percent less than an electric iron or toaster uses. And the rotary compressor has about half the moving parts that a piston compressor has, so there is less to go wrong. The net result: you stay cool and save money while conserving energy.

The complete unit weighs just over 50 pounds, so you really can carry the cool from room to room. Three cooling speeds let you select the cooling capacity you need, and a thermostat control keeps the temperature where you want it. An air exchanger helps rid your rooms of stale or smoke-filled air.

Fedders Pick-Up portable air conditioners in two capacities of 5,000 and 6,000 BTU's, $169.95 and $199.95. Fedders, Edison, N.J. 08817.



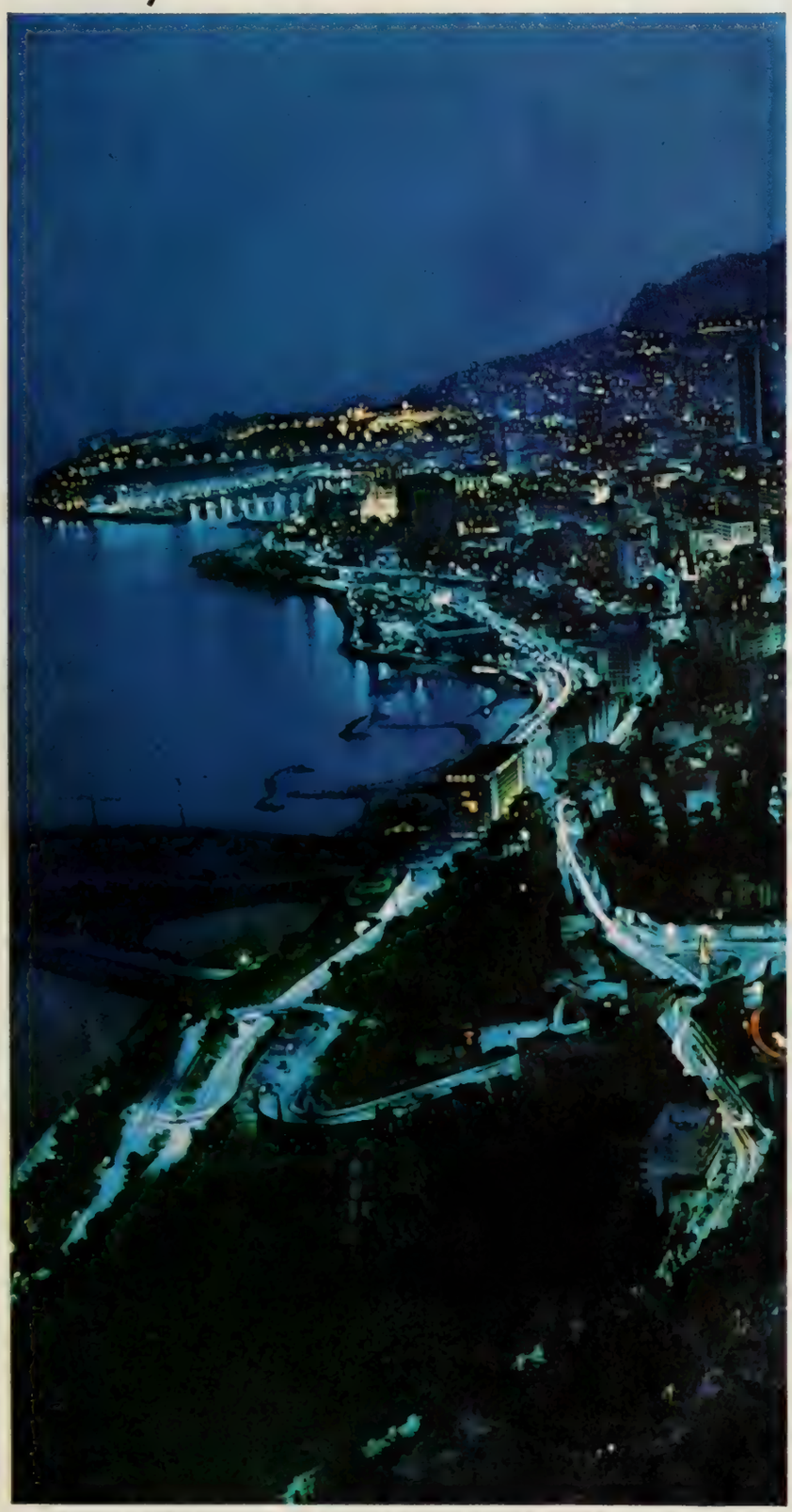
Here's help for basement flooding problems caused by floor drain backup. This effective device takes less than a minute to install and the only tool you'll need is a screwdriver.

Just remove the drain cover and slip the backup control device into the drainpipe. When you tighten the four screws, the two brass discs compress a large, soft rubber washer and squeeze it tightly against the walls of the drainpipe. In normal use, water flows down through the unit past the rubber stopper. When water in the drain begins to back up, the stopper floats up against the lower brass disc and acts as a check valve.

Drain Guard, $8.90 through plumbing suppliers. Drain Guard, Box 734, Oshkosh, Wis. 54901.

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Tile Council of America, Inc.

GOOD NEWS



Spray the flowers and shrubs around your yard with push-button ease. This cordless electric garden sprayer has its own rechargeable nickel-cadmium batteries and motor built into the handle, so you'll never have to pump up your sprayer as a warm-up exercise for garden care.

The container is made of durable polyethylene. The spray extension and nozzle are corrosion-resistant, and they fold neatly into the molded carrying handle when not in use. You can adjust the nozzle to spray a fine mist or a coarse jet.

The battery pack operates 45 minutes on a full charge; enough to spray 1½ or more gallons of insecticide or herbicide. Just plug the recharge unit into a household outlet overnight to return the battery pack to full power.

Hudson Cordless Electric Sprayer, in ½- and one-gallon capacities; $29.95 and $32.95. H. D. Hudson Mfg. Co., 154 East Erie Street, Chicago, Ill. 60611.



You can unclutter your home office area with a modular filing system that grows with your record-keeping storage needs. The 36-inch-wide units can be used individually or stacked to form a cabinet. The six-tier unit shown has more than twice the storage capacity of two conventional four-drawer filing cabinets yet occupies 40 percent less space.

The steel filing system is available in 13 colors for mixing or matching. You may choose units without doors, with doors that drop 90 degrees to form shelves, or doors that swing a full 180 degrees for shelves above eye level.

In the workshop the units are great for tools, nails, and nuts and bolts. Or, use the files to store hobby and sewing supplies when you're not using them—or put a unit in the nursery to bring order out of a chaos of toys and games.

Thin-Line Conserv-a-file, $19 per tier; top and base kit, $14. Supreme Equipment and Systems Corp., P.O. Box 2153 Grand Central Station, N.Y.C. 10017.

continued

This fantastic buttonholer is only one way the Futura Sewing Machine makes things easier for you.



Imagine being able to sew a whole row of perfect, perfectly matched buttonholes. In minutes. Without having to go through all that measuring and marking.

That's what the Futura machine can do for you. Its amazing buttonholer actually makes buttonholes to fit the size of the button you want to use.

But that's only one way Singer has made the Futura machine easier for you.

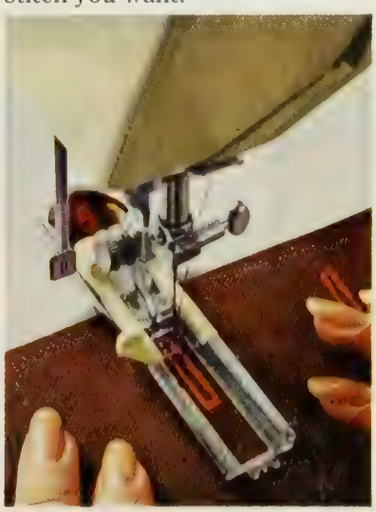
In fact, threading this machine is so easy, it's fun to do. From spool to needle, you simply "lay in" the thread. There are no eyelets to poke through. You do it all in one easy motion.

And you don't have to undo anything to wind the bobbin.



The Futura machine has our exclusive push-button bobbin that rewinds right in the machine – with the thread in the needle. There's no bobbin case to fiddle with, either. And the bobbin is where you can see it. On top. Right in front of the needle.

We made all the built-in stitches on the Futura machine easy to get with just a flick of a dial. You can go from straight stitch to basting stitch; from stretch stitches to the buttonhole stitch. The dial controls are at eye level, too. With an illuminated stitch indicator to show you've got the stitch you want.



And you never have to oil the Futura machine. It's completely self-lubricating. You won't believe how much easier sewing is, until you sew with the Futura machine. It's at all Singer Sewing Centers and Approved Dealers.



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At Singer, you get what you pay for ...and a little bit more.

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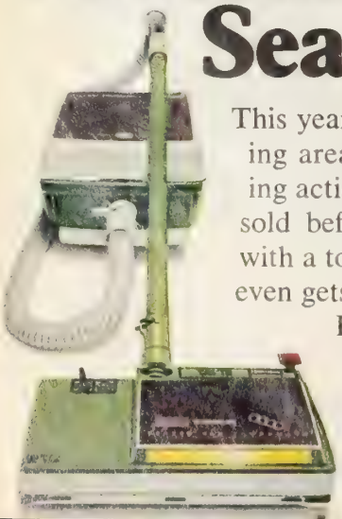


After vacuuming with Sears regular rug attachment.*



After vacuuming with Sears Powermate attachment.*
(Actual unretouched photographs)

New! The most powerful Powermate vacuum Sears ever sold.



This year's Powermate® has a bigger cleaning area than ever; gives you more cleaning action than any Powermate Sears ever sold before. Adjusts to the deepest shag with a touch of your toe. Built-in edge tool even gets dirt in the corners. See this year's Kenmore Powermate at most Sears, Roebuck and Co. stores.

Also in the catalog. Model No. 2499.

*These Powermate results witnessed by Good Housekeeping Institute

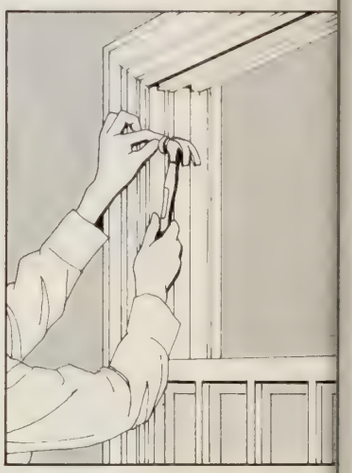
Sears

GOOD NEWS









To shut out drafts and conserve energy, make your windows weathertight. It's the best way—short of upgrading your insulation—to reduce the amount of energy required to heat or air condition your home. (And even a top-notch insulation job works well only in conjunction with weathertight windows.) With these tight-sealing window channels and just a hammer and a chisel or putty knife you can make those drafty old sashes fit as tightly and slide as smoothly as brand-new units. Here's how:

With your putty knife or chisel, very carefully remove the window stop (narrow trim) from the sides of the window casing. Don't mar these trim pieces, as you'll have to replace them later. If a thick, brittle paint layer has made the old stop unsalvageable, you may be smart to pick up a few lengths of new window stop at your local lumberyard.

Lift out the inside sash. If it's tethered to sash weights, just cut the cords and let the weights fall into the space between walls. Then use your putty knife or chisel to pry out the parting stop (between inner and outer sash) and throw it away. Remove the outer sash and cut the sash cords as you did with the inside sash.

Stand the two sashes together and slip the new window channels over the edges of the sashes. Pick up the sashes and channels and place them as a unit into the window frame. Nail or screw the channels into place and install the trim.

Two other tips toward a better job: If your window sashes need painting, do it before reinstalling them in the new channels. They'll look better and slide easier. The aluminum channels never need painting. Do your window work now, while the weather is nice, and you'll save on this summer's air conditioning costs as well as next winter's heating.

Quaker Window Channels, $5.00 in hardware depts. Quaker City Mfg. Co., 701 Chester Pike, Sharon Hill, Pa. 19079.



Car and wardrobe from "The Great Gatsby," courtesy of Paramount Pictures Corporation.



IN THE TRADITION OF "THE GREAT GATSBY"

There was a time when men
wore white flannels and loved the cool
elegance of girls in white pleats.

When a summer picnic
and a snappy white roadster were signs
of a sweet and glorious life.

Paramount recalls those times
and brings you "The Great Gatsby."

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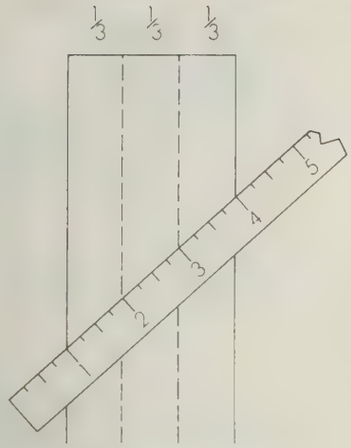
*TEFLON is Du Pont's registered trademark for its non-stick finishes.

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begins on page 38

Step-by-step designing

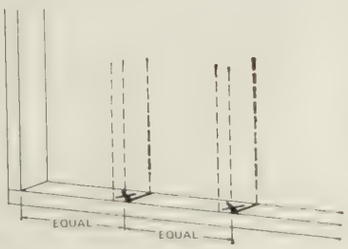


will show you an easy way to use your ruler to indicate these divisions in your drawing.

If you're measuring equal spacing along a wall, such as open studs in an unfinished basement, put an X on the same side of the line each time (see drawing). This is more accurate than finding the center of the stud and adding one half of its width on either side each time you measure.

After all the static elements are drawn in, make scale drawings of your furniture on cardboard using the measurements you took while making your rough sketch. Cut the furniture pieces out.

You can now start moving the pieces of cardboard furniture around in the scale drawing of your room to find the best arrangement for your proposed project. Try to visualize how it will look, fit, and function in the room. Be sure to allow for natural traffic flow and opening and closing doors. You may discover that your project won't work as well in the room as you'd imagined. If so, make the necessary modifications so that all the elements will be in harmony.



If you have a plan that looks right on paper but you still lack the confidence to go ahead and build, there is a final planning step you can take. You can build a full-size cardboard model of your project in the designated space in your room. Cardboard appliance cartons (available from your local dealer) work well for this purpose. For instance, if you've decided to build an island cooking counter in the center of your kitchen, construct a trial unit from cardboard cartons. Put it in place, and leave it there for a while. Walk around it. Test it for proper height. Can you open drawers and cupboards easily? In this way you can make sure the mock-up fits your kitchen and doesn't interrupt work flow *before* you invest time and money in a real island cooking counter.

Or, if you're planning a bookcase room divider in the den, build a mock-up from cardboard to make sure you can live with it. If you find it cuts out natural light or interrupts traffic flow, you can make the necessary adjustments before you build a permanent structure.

When you're sure the project is just what you want for your room, you can start building with greater confidence.

The last step in your planning is to draw up a list of building materials. When estimating your lumber needs, remember that plywood is actual size but dimensional lumber is not. A 1x2 is actually ¾ x 1½ inches and a 2x4 is 1½ x 3½ inches. Since lumber is priced according to grade, be sure to choose the grade appropriate for your project. If you can use utility-grade lumber as the framework for a project that will eventually be covered with high-grade lumber, you'll save money.

Be sure to estimate all the materials you'll need to complete the job. If you buy piecemeal, you may be half finished with the project before you realize it's costing more than you had planned to spend.

Plywood is sold in 4x8-foot sheets. Arrange your pattern pieces to get the best use of a sheet. You won't want to buy another whole sheet for one small piece you might not have needed if you'd tried a different arrangement. Also, if the project is going to require extensive wiring or plumbing, get estimates well in advance.

When you've completed this last step, you will be equipped with an accurate working drawing, a materials list, and a tangible estimate of expenses to guide you as you begin to build.

Since this approach can be applied to almost any building project, you will want to keep the steps in mind to use as a working tool for planning your future projects. ■

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HOUSEPLANT HOW-TO



Interesting variegation

Bored with your all-green plants? Why not introduce some zip with one or two plants that offer variegated foliage. The choice is wide—too wide if you happen to be an overenthusiastic plant buyer. Restraint is the key to a satisfying collection of variegated plants.

Our picture shows how you can have too much of a good thing. Reading clockwise from bottom center, the plants are: begonia, wax-plant, eunonymus, scindapsus, pteris fern, peperomia, coleus. Some of the leaves are green and white, others yellow, green and white, others combine cream and green, and one is green, maroon, and delicate pink.

Plants should complement each other. When they compete, as they do here, no plant shows off to best advantage. The mass becomes a blur and you take the plants as much for granted as you do a monochromatic green collection of specimens.

With a large collection, restraint may not be so important. Still, variegated plants can be show stealers and you don't want to detract from a less dramatic philodendron or dracena that you've patiently and proudly grown into a fine specimen.

If you have a small collection of plants, one or two variegated plants are enough. They'll set off the plain-colored plants and they in turn will temper the busyness of the variegated ones. This holds true whether you mass your plants or scatter them at random around a room.

Repotting time

Different plants need repotting at different times. The variegated plants in the photograph can all do with repotting. They're in 2¼- to three-inch pots. Some are root-bound, others are in such a porous medium that they need daily watering, even when planted in small plastic pots—a chore anyone wants to avoid.

Whether your plant is small, medium, or large, here is the first step in repotting it.

Turn plant and pot upside down. Grasp base of stem between your fingers and tap the rim of the pot on a counter or anything that resists marring. Occasionally, nothing short of breaking the pot will free the plant if it's severely root-bound. But don't worry; there's no waste. Simply break the pot up completely and use the broken pieces for drainage shards in the next



pot you plant. Obviously, you should spread newspapers on the floor wherever you do this. There's bound to be a bit of mess.

A plant in a plastic pot is usually easier to loosen. Turn the pot on its side and roll it back and forth a few times, exerting a light pressure on the plastic. Then proceed with the repotting as already described.

The new pot should be a couple of sizes larger than the old one. You can use a commercial potting mix as is or use two-thirds mix and one-third perlite or sand. This improves drainage. Sand is heavy, perlite has little weight. Your choice depends on which one you can easily locate or how much muscle you have.



Geranium cuttings

Does the geranium you carried through the winter look as lush as you'd like? If so, you can take some cuttings now. If it doesn't you can buy a good-sized plant and take cuttings that will provide you with good flowering-sized plants to enjoy most of the summer. You'll save yourself money, too.

Take three- or four-inch tip cuttings from healthy growth. Remove the lower leaves from the part of the stem that will go into the rooting medium (perlite, fifty-fifty vermiculite and peat, or water). Actually, we've found that



plain water is risky for geranium cuttings; stems have rotted on occasion. Other people have had phenomenal success, so take a chance if you have some cuttings to spare.

There's no need to let geranium cuttings dry or heal over. Just remove the lower leaves, dip the cut end in a rooting hormone (if you want to), and insert in the rooting medium. Keep the cuttings out of direct sun. When they're rooted, plant in four-inch pots. If you're going to set the plants outdoors, wait a couple of weeks until they are well established. You'll find that geraniums will bloom well even on the north side of a house if you locate them six to eight feet from the wall. Then they'll receive early morning and late afternoon sun—enough to make them perform as you want them to. If plants must stay indoors, give them the brightest light possible.

Effects of air conditioning

In general, air conditioning does not affect plants adversely. The only time we—and a lot of other people—have encountered a problem is when plants are moved from a humid greenhouse in August or September into air-conditioned surroundings. Leaves drop and plants go through a period of readjustment. However, the reverse does not seem to hold true. Plants do not show ill effects when you turn on the air conditioning in spring. There's no sudden shock connected with a drop in humidity. Your plants should quickly become adjusted to the changed conditions you've provided for them in late spring or the early summer months.

Starting annual vines

For long flowering and a showy display, try black-eyed Susan vine (*Thunbergia alata*) or the various morning-glories. All summer long, black-eyed Susan produces a wealth of pastel orange flowers with a dark center. You know the usual morning-glories, so why not give the Japanese ones a whirl? They produce four- to five-inch flowers in various shades of blue, rose, and tan, and the effect is really spectacular when only a few blooms open together on the same day.

Morning-glory seeds are hard so soak them for a few hours or until you can slightly dent them with a fingernail. Start in peat pots, then transfer three or four seedlings to a ten- or 12-inch container and install a trellis for the plants to climb on.

More from a Boston fern

Have you been clipping those scaly threads on your Boston fern because you thought they looked



Photographs: Hopkins, Stanley

untidy? Here's how to use them to produce new plants.

Fill a three- or four-inch pot with a good, loose potting mixture, set it next to the parent plant, and plant the end of the runner. When two or three leaves appear, cut the plantlet from its parent. In time you'll have another specimen. This is a good way to get healthy plants, especially if the old one has scale. It is difficult to control on ferns because they're sensitive to so many insecticides.

To get more plants faster, you can take your plant out of the pot and sink it in loose, porous soil in the garden. The plant will layer itself. You may have to help a few runners by pegging them down with a wire U, but that's no great chore. ■

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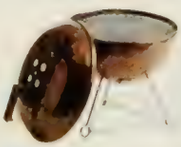
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3. All entries must be post-marked no later than midnight June 30, 1974. There will be no substitutions for any prizes. All prizes in this contest, listed to the left of these rules, will be awarded.

4. All employees of Mobil Chemical Company and Plaza Group Inc. and their immediate families are ineligible. Persons under 18 years of age are ineligible. Contest void where prohibited by law.

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CONSUMER PLASTICS DEPARTMENT
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How to start a co-op nursery school

If you want to send your child to nursery school, but there isn't one in your area or the cost is too high, you should consider starting your own cooperative nursery school. It's not as difficult as you might expect.

A cooperative is just like any other nursery school in its curriculum and the qualifications of its teachers. The major difference is that it is owned and operated by the parents of the children who attend the school, and not run as a private business. Costs are low because (a) parents do all the nonprofessional work involved in running the school, and (b) no profit is made.

What are comparative costs?

Fees can be about half those of privately owned schools. Costs vary depending on such factors as the area of the country you live in and on how much work parents do in the school (and how much help must be hired).

In a recent survey taken in a midwestern city (population 75,000), private nursery school annual fees (for three mornings a week) ranged from $220 to $300, with most between $260 and $300. The four cooperative schools charged $110, $144, and $164, and one operated on a sliding scale, according to the family's ability to pay. The cooperative with the lowest fees was able to keep them low because it paid only a token rent to the church whose rooms it rented.

What do parents do?

Parents are responsible for everything that must be done to run the school and maintain the equipment. They hire qualified nursery school teachers and assist them (instead of hiring teacher aides) on a rotating basis. The number of times you participate depends upon the size of the school and the number of parents needed at one time. Parents generally follow the lead of the teacher. They set up materials (paint, paper, clay), serve snacks, supervise play areas and help clean up, and try to be responsive to the needs of the children.

How can you organize a nursery school?

Begin with a small nucleus of like-minded parents, and keep two things firmly in mind: (1) the work is more easily managed when it is divided among those who are interested rather than being assigned to only one or two people, and (2) the cooperative can begin in a small way and grow every year in children and equipment. Everything does not have to be done all at once.

Check licensing requirements

Although actual licensing is not the first step you take, finding out about licensing requirements should be done before anything else. First determine which department of your state government is the licensing unit for nursery schools. (Ask any other nursery school operator in your area.) Write to the department involved, requesting a list of standards which must be met to qualify for a license, and any other material the state will send. If you live close enough to your state capital or to an area office, it is a good idea to establish personal or telephone contact with one of the supervisors who may be able to supply you with helpful advice as you go along.

Most state licensing units require inspection by local fire and health authorities. Check with your local fire department for a list of its specifications. Keep these firmly in mind when looking for a location for the school. Your local health authority also will have to inspect the premises and will probably require a water sample. But that comes later.

While you are collecting information about requirements and standards you may want to write to some of the organizations listed at the end of this article. Many of them have publications which offer helpful advice.

Organizing parents

When you have received some of the information you need, call a meeting of interested parents. A newspaper article about the meeting and signs at local supermarkets and the library may attract additional people.

Your organizational work should begin with a discussion of the type of school you would like, and the selection of temporary officers. Three working committees will be helpful—one to write bylaws to present to the membership, one to find a location for the school, and one to find a teacher (or teachers). In the meantime, the officers can make inquiries about incorporating the group.

Incorporation

You may be fortunate enough to have an attorney among the interested parents. If not, it is well worth the necessary cost to hire one and form a corporation. This will make the group a legal entity which can make contracts for rent and teacher salaries and will limit the personal liability of individual parents. Some states require incorporation of cooperative nursery schools.

Also ask your attorney about the steps necessary to register as a nonprofit group in your state. This will exempt the school from some taxes and confer other advantages.

Bank loan

Before any tuition fees come in you will have basic expenditures. Rent and salaries will have to be paid, and you will have to buy equipment and supplies. The best procedure is to negotiate for a bank loan, repayable over a number of years. Perhaps four or five parents can sign for the loan. When the school budget is figured, you must remember to include the repayment and interest on the loan.

Bylaws

Your bylaws should contain: (1) membership requirements (who shall be members and what is expected of them), (2) information about dues and assessments (who shall set the fees, what happens in cases of withdrawals, what's the policy on refunds), (3) what officers you will have (how they will be elected and what their duties are), (4) meetings of the membership (how often and for what purpose), (5) information about admissions policies (how many of each age group you will accept), and finally (6) how to amend the bylaws. The last item is important since cooperatives grow and change with the experience of each group and must remain flexible.

Finding a location

Most cooperative nursery schools rent space from churches, synagogues, community service or fraternal organizations. Your site committee might begin by visiting nursery schools in the area to get an idea of the type of space needed, and then make a list of organizations which have their own buildings and which might be willing to rent space. A religious group may welcome the extra income for the use of rooms it uses only for Sunday school and occasionally meetings. The nursery school would also add to the existing equipment.

You'll need a minimum of two rooms with good storage space and easily accessible bathroom and washing facilities. Most states have specific regulations

continued on page 132

You can get all these values at any Frigidaire dealer, many of whom are listed here.

Every Frigidaire appliance is backed by a Nationwide Protection Plan. Your Frigidaire dealer will be happy to tell you about it and he'll also show you the built-in dependability you get when you invest your hard-earned money in any Frigidaire appliance.

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H. B. Fraser & Son
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Nichols Plumbing Company
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108 Center Street

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Holcomb-Turman Frigidaire Appl.
Highway 68 West

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Nixs Home Center
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Beaverton
Doughty's Appliances, Inc.
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Central Point
Paulsen & Gates Appliances
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Corvallis
Cascade Appliances
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Cottage Gr.
Wilson Appliances
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Grants Pass
Rogue River Hardware
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Klamath Falls
Cascade Home Furnishings
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Leonard Electric Company
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Wilson, Inc.
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Harold Kelly's, Inc.
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Smith's Home Furnishings
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Bruce
Brasher's Hardware
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Pryor Hardware Company
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Main Street

Durant
Robert E. Irby
103 Magnolia

Eupora
Doss Butane Gas

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Fulton Appliance Company
102 Main Street

Greenville
Choate Furniture Company
402 Highway #1 South

Greenwood
Home Appliance Center
506 Howard Street

Grenada
Jack Speir Appliances & Furniture
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Gulfport
McDaniel's Refrigeration Sales & Service
1251 Pass Road

Hattiesburg
Jim Bomboy's, Inc.
1618 West Pine Street

Hollandale
Peyton Appliance Company
206 Washington

Houston
Lewis Appliance Company
229 East Madison

Jackson
McRae's
401 Capitol Street

Kosciusko
Kosciusko Implement Company
107 West Adams

Leland
Dawkins Appliance, Inc.
205 North Broad Street

Lexington
The Fincher Company
402 Court Square

Liberty
C. L. Hazlewood

Macon
Crespino TV & Appliances
306 Jefferson

Meridian
McRae & Company
2125 Second

New Albany
Phyfer Furniture Company
149 Main Street

Okolona
Okolona True Value Hardware
Main Street

Oxford
Morgan's Furniture & Appliances
Van Buren Street

Petal
A. R. Lee Hardware & Appliances
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Thigpen Hardware Company

Pontotoc
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Konawa
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Mason's, Inc
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Polk Appliance Company
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Wilkey Appliance Company
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Weatherford
Tautfest Hdwre., Appl. & Furn
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Wewoka
Nelson Furniture Company
105 West Wewoka

TENNESSEE

Adamsville
Cunningham Furniture & Appliance
Main Street

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North Side of Court Square

Ardmore
Western Auto

Bolivar
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122 East Jefferson

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East Tennessee Appliance
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McGee Appliance Store
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112 North Main Street

Greeneville
Collins Furniture, Inc.
148 West Depot Street

Halls
Hansford Appliance Company
South Side Main Street

Henderson
Trading Post Appliance
Highway 45 South

Jackson
Paul Coffman, Inc.
2446 Beech Bluff Road

Kingsport
Gregory Appliance Company
317 Cherokee Street

Lawrenceburg
Green & Welch Furniture
34 Public Square

Lebanon
Bellar Furniture Company
108 North College Street

Lenoir City
Lanham TV & Appliance Service
207 East Broadway

Lewisburg
Harold's Reliable Furniture
120 West Church

Lexington
Thomas Furniture Company
80 South Main

Loretto
Greens Furniture Store
Second & Vine

Loudon
Greers, Inc.
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Madison
Lannom Electric Company
111 Old Hickory Boulevard

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House of Furniture, Inc.
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Memphis
Ace Appliance Company
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3255 Highway 51 North
2574 Lamar Avenue
5237 Poplar
3431 Summer Avenue
M. Scheinberg Furniture & Appl.
1160 South Bellevue

Middleton
J. P. Shelly & Sons

Milan
Ross Appliance Company
119 Williamson Street

Millington
Millington Furniture Company
4792 Navy Road

Moscow
Chambers Appliances

Mt. Pleasant
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113 South Main Street

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Home Furniture Company
110-112 South Maple Street
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214 West Main Street

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329 Broadway
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5608 Charlotte Avenue
510 Gallatin Road
3209 Hydes Ferry Road
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Old Hickory
Morris Furniture Company
806 Hadley Boulevard

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116 South Poplar

Parsons
Segraves Appliance Company
204 South Florida Avenue

Portland
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109 North Russell

Pulaski
Dixie Furniture Store
301 North First Street

Sharon
Roberts Home Supplies
Main Street

Shelbyville
Brandon's Appliances
200½ Lane Parkway

Smithville
Estes Furniture Company
103 East Broad Street

Somerville
Reliable Furniture Store
222 North Main Street

South Pittsburg
Hamilton Home Appliances
236 Cedar Avenue

Springfield
Tennessee Light & Appliance Co.
616 Main Street

Tiptonville
Uptown Appliance & Furniture
201 Church

Trenton
Lewis Appliance Company
413 West Eaton Street

Tullahoma
Couchs
117 North Atlantic Street

Waynesboro
Waynesboro Hardware & Building

Winchester
Home Furniture Company
110 First Avenue S.E.

Woodbury
Nortocott Motor Company
412 West Main Street

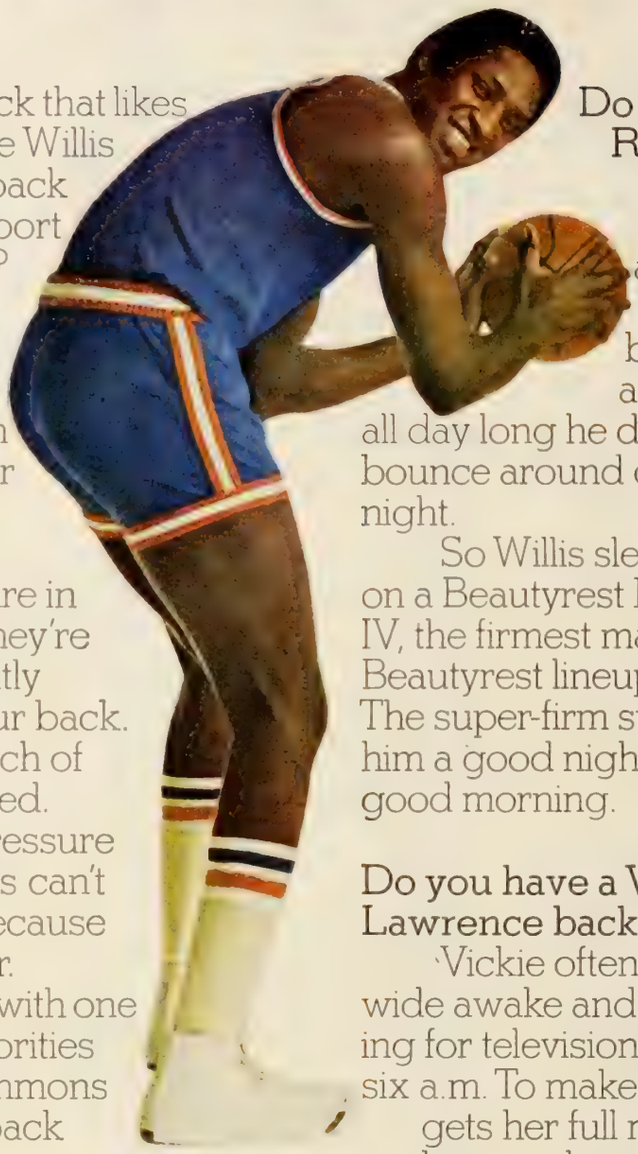
Whose back

Do you have a back that likes super-firm support like Willis Reed? Or does your back prefer gentle-firm support like Rosemary Casals?

Let your back decide at a Simmons dealer. If you've been used to sleeping on an ordinary mattress your back is going to feel a nice difference. On a Beautyrest® the coils are in separate pockets so they're free to push up instantly under the curve of your back.

That way every inch of your curve is supported. Firmly. But at equal pressure ordinary mattress coils can't move up as readily. Because they're all tied together.

Match your back with one of the Beautyrest celebrities and then visit your Simmons dealer to see if your back agrees with their back.

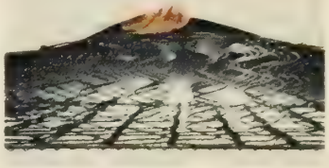


Back cut-out



The separate Beautyrest coils are free to push up under the curve of the back cut-out.

Back cut-out



With equal pressure, ordinary coils can't move up as readily.

Do you have a Willis Reed back?

Willis Reed is big. 6'10" and 240 pounds big. And after bouncing around a basketball court all day long he doesn't want to bounce around on a mattress all night.

So Willis sleeps soundly on a Beautyrest Back Care IV, the firmest mattress in the Beautyrest lineup. King-size, of cour The super-firm support not only giv him a good night but gives his back good morning.

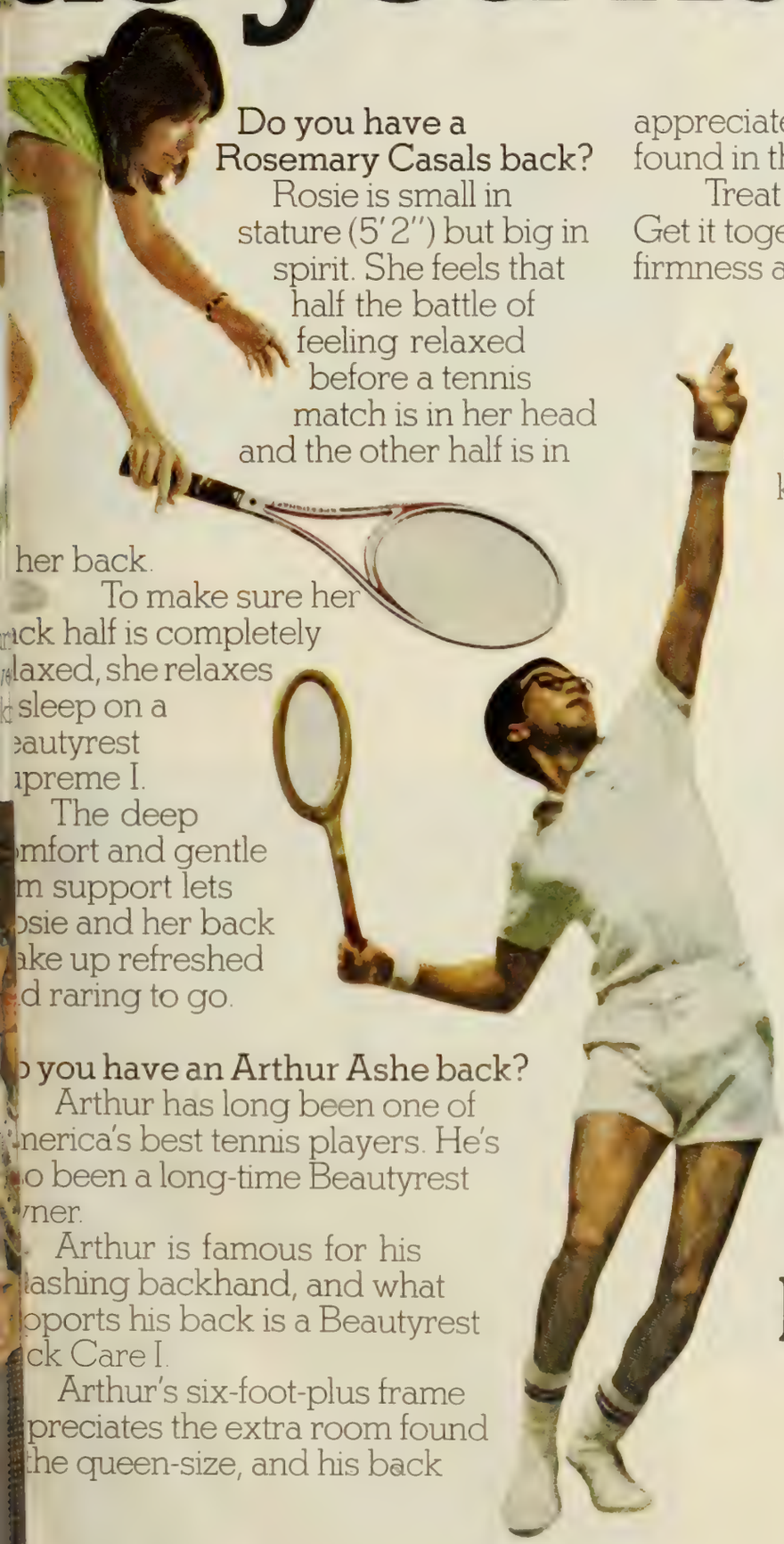
Do you have a Vickie Lawrence back?

Vickie often has to be wide awake and rehearsing for television shows at six a.m. To make sure she gets her full measure of beauty sleep, Vickie sleeps on a Beautyrest Back Care II. The Back Care II is a beautiful combination of extra-firm support and luxurious comfort.

Beautyrest gives Vickie such a sound, restful sleep that it helps take the edge off of getting up at the crack of dawn.



do you have?



Do you have a Rosemary Casals back?

Rosie is small in stature (5'2") but big in spirit. She feels that half the battle of feeling relaxed before a tennis match is in her head and the other half is in her back.

To make sure her ack half is completely laxed, she relaxes sleep on a eautyrest upreme I.

The deep mfort and gentle m support lets sie and her back ake up refreshed d raring to go.

o you have an Arthur Ashe back?

Arthur has long been one of nerica's best tennis players. He's o been a long-time Beautyrest ner.

Arthur is famous for his lashing backhand, and what pports his back is a Beautyrest ck Care I.

Arthur's six-foot-plus frame preciates the extra room found he queen-size, and his back appreciates the extra-firm comfort found in the Back Care I.

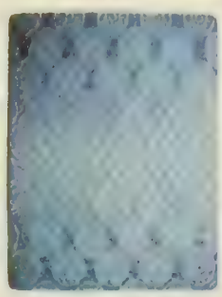
Treat your back like a celebrity. Get it together with the Beautyrest firmness and size just made to give you the best night's sleep you've ever had. Your back can choose from normal-firm to hard in twin, double, extra-long, queen and king-size.



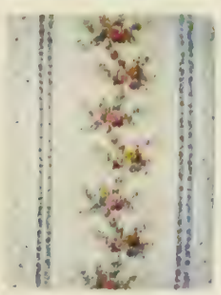
Back Care I



Back Care II



Back Care IV



Supreme I

Beautyrest
by Simmons.

Decorating with planters

As plants grow in popularity, so do planters to put them in. Not only do they serve as practical containers, they're getting better looking all the time and can be used as important decorative accessories. Remember to choose a planter that's right for the plants you plan to put inside it, and one that won't steal attention from the greenery.



Photographs: William N. Hopkins

Distinctive containers add interest to this grouping of plants. The large contemporary container in the foreground is made of tough ABS plastic, and it comes with concealed casters for room-to-room, or wall-to-window mobility. The key to an effective plant grouping like this one is to use plants of various heights, textures, and shapes. You can give your plant arrangement extra impact by adding a sculpture piece or two.

This old-fashioned wicker planter is at home anywhere in the house. Here it heightens the outdoor feeling of a porch-like breakfast room, but it would be equally attractive in a hallway, kitchen, or bathroom. A liner that comes with the stand lets you water without the worry of dripping on the floor. The shelf beneath would be handy for books or additional plants. For seasonal effect, you can fill the planter with flowers.



Here's a stylish Parsons table that's designed especially for holding lots of little plants. It's made of sturdy ABS plastic, and it comes with a plastic insert so you can plant directly in the table. Since it's lightweight, you can move the planted table around the room to achieve different decorative effects. In the summertime, a waterproof planter like this would be great for greening up the patio or porch. Or, you could create an attractive room divider by placing three or more of these tables in a row. You have a finish choice of white, yellow, or black.



GARDENING IN MAY



Garden fever runs high in May. Blooming trees, shrubs, and perennials make you want at least one of each—and, of course, the bare spots in borders beg for planting. Now that longer days are on your side, you can act on your garden plans.

Starting tender annuals

As soon as the weather is dependably frost-free in your area, you can sow seeds or set out plants of tender annuals. Those with larger seeds, such as marigolds, zinnias, and nasturtium, come quickly when sowed directly where they're to grow. Although it's not impossible to sow fine-seeded types such as petunias, you get surefire results from buying established plants at a nursery, then setting them out exactly where you want them. Petunia plants can be slipped in around tulips—they'll take over when the tulip foliage finally yellows and can be safely removed.

When sowing annual seeds outdoors, remember these tips:

- Choose spots with sun at least six hours a day (see exception for shade, below).
- Fork and pulverize the soil to a depth of eight inches and rake soil surface smooth.
- Water the spots before sowing the seeds. Press seeds into soil surface (not more than ¼ to ½ inch deep). If you have grass clippings, scatter a thin layer over the seedbed; the seedlings will come up through clippings.
- Thin or transplant seedlings after they have formed true leaves, following the spacing directions of seed packs.

To set out established plants purchased at the nursery:

- Water plants in their containers thoroughly.
- Dig individual holes for each with a trowel.
- Turn a pack of several little plants upside down, supporting plants with one hand and shake container with other. When plants are out of container, carefully separate individual plants, holding as much soil with each root system as you can. Plant at same level they formerly grew, then water plants thoroughly.

Choosing annuals

If you have shade and want to try annuals, your best possibilities are: wax begonias, impatiens, coleus, nicotiana, lobelia, and browallia.

For dry soil, try cosmos, coreopsis, portulaca, rudbeckia, scarlet sage, gaillardia, cornflower, and zinnia.

For moist soil, you'll get good results with nemesia, mallow, blue lace-flower, baby blue-eyes, annual forget-me-not, annual phlox, and sweet peas.



Drawings: Graphic Corporation

Disbud peonies

To get bigger blooms and better display, disbud peonies before the main blooming period. Check your peony bloom stalks now. If you have one terminal bud that's surrounded by four or five inferior buds on any stalk, it's best to remove the little ones. This puts all the blooming strength into the larger, terminal bud.

For continued good health, a peony bush needs the bulk of its leaves. When you cut the flowers at blooming time later this month, make sure at least two leaves remain on the lower portion of each cut stem.

Setting balled-and-burlapped evergreens

For instant landscaping effects, it's hard to beat planting balled-and-burlapped evergreens. These are not only larger specimens, they are less disturbed by planting and therefore start growing much faster.

Here's how to plant them:



continued

Exclusive House Plans

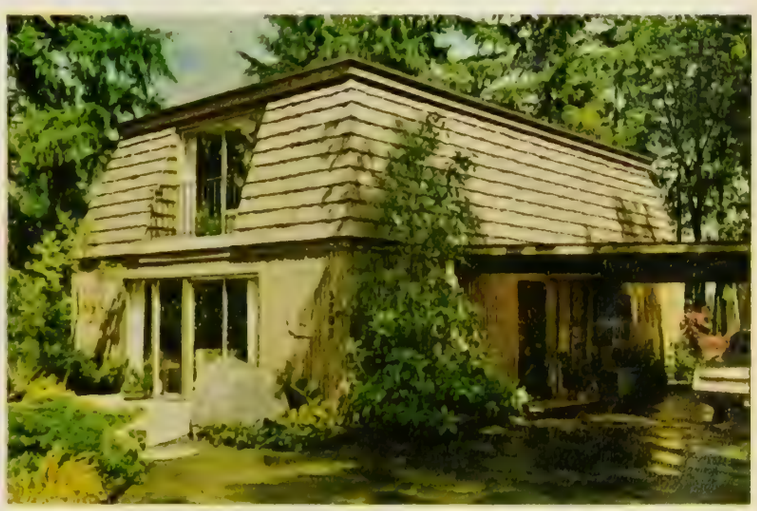
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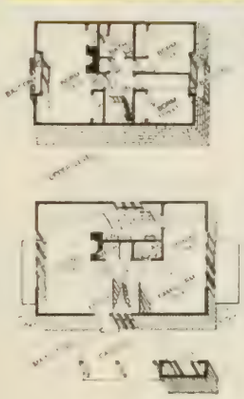




Looking for the perfect home for your family? Here's the answer. Its the perfect combination of comfort, utility, and first rate design. Note how the bedrooms are separated from the living area. The central hall plan eliminates unnecessary traffic yet allows easy access to all areas of the house. The loft above the kitchen can be used as a guestroom, playroom, bedroom or for any purpose you desire. Will fit almost any lot.

Home Plan No. 3403-A, 70′6″ x 32′, 1,568 sq. ft.





Have you ever seen a more striking two-story house? It's an excellent combination of efficiency, easy care, and outstanding design. To save building costs, the Mansard roof forms the walls of the second floor, and all utilities are centrally located. You get full width rooms for spacious living and easy furniture arrangement. Covered carport protects the main entrance and doubles as a play area for children. Will fit any lot.

Home Plan No. 3503-A, 24′ x 36′, 1,728 sq. ft.

Each plan package includes a complete set of working drawings, a list of materials required for cost estimating, and an outline of specifications for workmanship and materials—including points to be considered in your contract with the builder. Each plan is priced as follows:

Home plans package is $25 for the first set, 4 sets $47.50. Please include postage and handling—$1.50 for one set, $2.00 for four sets.

Please send plans indicated below (No. of sets):

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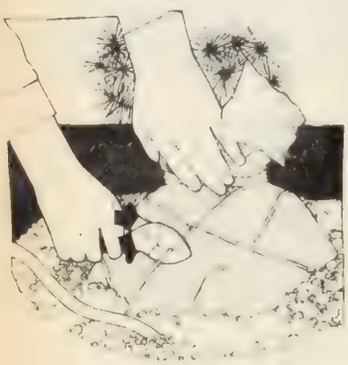
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continued

Gardening in May

1. Dig the planting hole about two inches deeper than height of ball and six inches wider. If drainage is poor, dig about 18 inches deeper and replace the compacted soil you removed with a mixture of one-third each of sand, compost, and topsoil. Settle the plant into the hole gently, and try not to bruise the top growth of the evergreen in the planting process.



2. Leave burlap in place, but cut binding and peel burlap away from the trunk. Burlap decays rapidly and therefore will not interfere with root development as the shrub or tree starts to grow. Backfill the planting hole halfway, then tamp the soil lightly around the soil ball; fill the planting hole with water.



Let the water soak in and then refill hole. Finish backfilling with soil, straightening the evergreen as you work.

Leave a shallow depression around the diameter of the shrub or tree to catch and hold water in the months ahead.

3. Add mulch up to the soil level around the base of shrub or tree. One excellent mulch is ground corncobs. The best materials for evergreens are the ones that stay light and porous. Other good examples to consider are pine needles, cocoa bean hulls, and sphagnum moss. The mulch holds water in, and helps ward off weeds.

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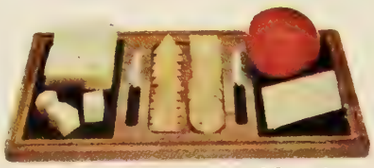
This huge (72"x90") warm and colorful blanket is manufactured by **J. P. Stevens.** It can be used outdoors as well as in. Even comes packed in its own carrying case. **$16.95.**



This versatile **Hoover** blender can mix drinks, make sauces, salad dressings, do dozens of culinary tricks. 6 speeds work with push buttons. **$33.35.**



Nothing hits the spot like a batch of home-made popcorn. The **Mirro-Matic** butter-rite cor pops it fast and tasty. **$16**



Distinguished serving tray of Canadian hardwood and Italian slate. By **Baribocraft.** Tray is outfitted with two cheese knives. **$19.80.**



To grace any table, GiftAmerica's exclusive sterling silver candlesticks. **$25.85.**



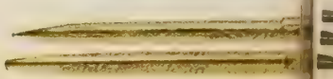
Baribocraft of Canada makes this matched 7-piece solid wood salad set. With it some lucky hostess will serve a lot of attractive salads. **$24.75.**



We are all going at top speed these days. With this **Airway** over-the- shoulder totebag, fashioned in saddle-tan vinyl, the going becomes very easy. **$19.95.**



This **General Electric** mantel alarm clock doesn't just tell the time. It does it with unusual grace



This is a gift that will be used appreciated every day. A **Sheaff** gold-filled Golden Vintage Impe

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This very popular food collection contains caviar, pâté de foie, ...lian antipasto, Dutch ham, marmalade and lots of other goodies. Imported by **Houston Foods. $19.75.**



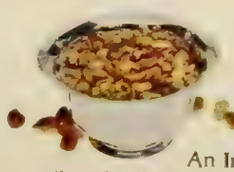
...no doesn't enjoy a big, thick steak? Add to that enjoyment with this 9-piece carver



Fondue dishes are a lot of fun. The **Regal Ware** Party Time electric fondue set makes the preparation foolproof and easy as well. **$22.50.**



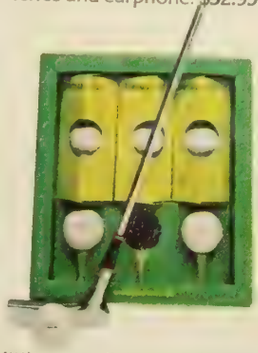
Magnavox makes this deluxe AM/FM digital clock radio. It can wake you up with music, remind you when your nap is over or alarm you insistently. **$44.95.**



More than just a lovely decoration. An **International Silver** silverplate bowl makes a stunning floral container, as well as serving



Perfect for all those people who like to carry their music with them. **Magnavox** AM/FM radio, complete with batteries and earphone. **$32.95.**



A little more distance in his shots gives any golfer a happy day. So this pack of a dozen **Uniroyal** "252" golf balls becomes a fine gift.

Selecting summer bulbs

Bulbs in the tender group—gladiolus, tuberous begonias, caladiums, callas, cannas, dahlias—can take temperatures outdoors as soon as danger of frost is past in your area.

Every imaginable flower color is represented in the big family of glads now, and most will start blooming in 60 days after you set them out. If you choose varieties correctly and make successive plantings every two weeks from the frost-free date to July 1, you're assured of constant bloom until frost.

Plant in well-drained soil in an open, sunny exposure. The only special summer care glads need is staking if stems become weak during blooming and deep watering if the rains fail you.

Tuberous begonias are native to the tropics, which means in nontropic areas they like warm temperatures, plentiful moisture and shade. Plant tubers with the round end down. You'll find an amazing variety of flower types and colors to choose from, so save plenty of space for these shade-loving beauties.

Dahlias bloom from the middle of summer until frost. Types vary from dwarf bedding plants (very easy to grow from seed) to six-footers used as single staked specimens. The blooms actually range in size from one inch to 18. Give dahlias plenty of sun, and be sure to add sturdy stakes beside the larger varieties at planting time. Dig tubers in fall after the first frost, but do not cut tubers apart until planting time next spring. Let them dry in the sun for a few hours, then store in vermiculite at 40-45 degrees in off-season months.

Fancy-leaved caladiums can brighten shady corners of a garden or patio with spattered color mixtures of red, pink, white, silver, and green. You can use them as handsome pot plants or set the tubers directly in the garden. Now's the time to plant them in the central and northern parts of the country. Plant each tuber one inch deep. If you transplant later, try not to disturb the roots. Lift tubers in fall and let dry for several days in a warm location. Store in vermiculite at 50 degrees.

Dramatic cannas grow much like gladiolus. Space dwarf types one foot apart and the taller ones two feet; plant all varieties about four inches deep. For the best display, group several plants of one variety and color.

Calla lilies are more delicate in appearance than cannas. Plant in sun or in light shade, in pots or in the ground. In the north, lift callas in the fall and store them in dry vermiculite. ■

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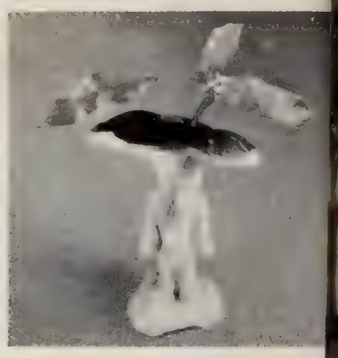
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Pill Box Phcy.
1716 Tully Rd., 274-4040
San Jose Drug Co.
204 Willow Ave., 295-0501
Shoppers Drug Fair
1181 Sunnyvale Rd., 252-0673
San Leandro Lyal Nickals Florist
15099 Hesperian, 351-7274
San Leandro Wash Payrite Drugs
15000 Farnsworth 351-1565
San Lorenzo Clayworth Payrite Dr.
1294 Bockman Rd., 278-2037
San Mateo Los Prados Phcy.
2944 S. Norfolk St., 349-1451
San Mateo Med. Arts. Phcy.
201 E. 3rd, 344-1703
San Rafael Webb & Rogers Phcy.
1146 Fourth St., 453-0451
Sanger Sequoia Drugs
1446 7th St., 875-2508
Santa Clara Kayser Center Phcy.
39 Washington St., 296-6964
Santa Clara Village Green Phcy.
3265 Cabrillo, 296-6154
Santa Cruz Dot n Dash Card Gift
1010 Pacific Ave., 423-6600
Santa Rosa Blossom Lane Florist
626 4th St., 545-5263
Santa Rosa McCarthys Phcy.
1200 Fourth St., 546-1428
Santa Rosa Town & Country Phcy.
1544 Terrace Way, 544-5911
Sausalito The Card Shark
695 Bridgeway, 332-3116
Seaside Seaside Phcy.
1250 Fremont Blvd., 394-6567
Sebastopol Medico Drug Co.
125 N. Main, 542-8112
Selma McCall Phcy.
2424 McCall Ave., 896-2222
So. Lake Tahoe Shelleys Drug Inc.
3449 B Lk. Tahoe Blvd., 544-5718
St. Helena Smiths Phcy.
1390 Railroad Ave., 963-2794
Stockton Alpine Drug
3332 Delaware, 466-0971
Stockton Day and Night Dr. St.
134 E. Weber Ave., 466-8601
Stockton Monte Diablo Drug
1812 Monte Diablo, 466-3221
Stockton Waterloo Drug
3033 Waterloo Rd., 465-5716
Sunnyvale M & M Drugs
735 S. Wolfe Rd., 739-0581
Sunnyvale Rhonoda Rexall
1637 Hollenbeck Rd., 736-1595
Susanville Dixon Drugs
1608 Main, 257-3115
Taft Safety Drug Co.
430 Center St., 765-7161
Tracy Moyers Phcy.
1160 Tracy Blvd., 835-4592
Truckee Loynds Truckee Drug
Front St., 587-3529
Tulare Sweets Drugs
505 E. Tulare, 686-0011
Turlock Value Phcy.
233 E. Main St., 632-3164
Ukiah Ukiah Rexall Drugs
107 South State, 462-7511
Upper Lake Home Phcy.
Main St., 275-2450
Vacaville Glenbrook Phcy.
122 S. Orchard Ave., 448-6863
Vallejo Lange & Gile Phcy.
630 Tennessee St., 644-0459
Visalia Roys Drugs
300 E. Center St., 732-8675
Walnut Creek Newell Phcy.
1495 Newell Ave., 934-4040
Watsonville East Lake
990 East Lake Ave., 724-1186
Weed Center Phcy.
225 Main St., 938-2046
Wheatland Village Phcy.
414 Main St., 633-2819
Williams Fouch and Son
692 E. St., 473-5350
Winters Mengalis Florist
23 Main St., 795-2668
Woodcand Mengalis Florist
351 Court St., 662-4651
Woodlake Woodlake Drug
133 N. Valencia, 564-8867
Yreka Cummings Drug Co.
112 W. Miner St., 842-3554
Yuba City Safesave Phcy.
737 Colusa Ave., 674-3550

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Progress report on HMOs



Beginning this summer, mar more Americans will have acce to a new type of health care sy tem, the Health Maintenan Organization (HMO).

Members of HMOs pay a fix prepaid annual fee for out-o hospital and in-hospital care- everything from routine chec ups to major surgery. (HM are described in "How to g more health coverage—for les in our December, 1973 issue.)

Under terms of the HMO A of 1973, signed into law by Pre dent Nixon last December companies with 25 or more e ployees must give workers t option of applying their share company health-insurance fun to membership in an HMO. P viously, an employee choosing go "outside" company health- surance offerings generally wo pick up the entire tab himself.

This provision undoubte will stimulate the growth HMOs. About 115 are now in istence and 20 to 25 are schedu to open their doors this year. will have to meet new federal quirements before the emplo option can go into effect.

The new law provides $ million over the next five ye for the expansion and devel ment of HMOs. A key provis overrides laws in 25 states stricting such organizations thus offers additional imp for growth.

Twenty percent of the fed aid is to go to the HMOs in m ically neglected areas—rura well as inner city ghettos. M exisiting HMOs are in ur areas.

The law requires quality trol—review by physicians other health professionals of care of HMO members.

For additional informat write the federal governme HMO office, in care of:
Dr. Frank H. Seubold
Acting Associate Bureau Dire Health Maintenance Orga tion Service, Room 13-07 5600 Fishers Lane, Rock Md. 20852 ■



Paneling carved from the past.



Provence—French Provincial styling with deep-fluted dimensional insets and elegant light colorings.



Deerfield—Early American paneling, boldly highlighted by the hand-tooled pattern in the wainscot area.

Introducing the hand-carved look of the past . . . . The Historic Collection. Four new Masonite brand panelings that re-create the look and feel of classic hand-carved wood in durable Masonite hardboard. So deeply textured, they ask to be touched. So authentically detailed, they are reproduced down to chisel marks and pegs.

Like all Masonite brand panelings, The Historic Collection is more than just good looks. Designed for easy installation, these 4′ x 8′ panels are also very easy to afford.

Choose from four traditional designs . . . French Provincial, Early American, British Traditional, or Spanish Mediterranean. See the entire Historic Collection at your Masonite dealer. And see how the hand-carved look of the past can add to your home in the present.

The Historic™ Collection.

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MASONITE CORPORATION



Small scale remodelings:

Great effects at low cost

By Noel Seney



Architect: John Richards Andrews, A.I.A.



Architects: Adler-Rosenthal

A home improvement doesn't have to be big and expensive to be great, and the 19 projects we show here prove it. You can glamorize a room, make it function better, scoop in light and air, and even gain extra space with these low-budget ideas.

Each idea is aimed at one particular area of your house—so you can upgrade your home one step at a time. Some projects can be done with ease by the man of the house. Others may require a bit of expertise, but even with the most ambitious of these improvements, you can shave costs by doing at least part of the work yourself.

You'll also save considerable time and trouble with these small-scale remodelings. Most can be completed in a week or so, instead of several, so your household won't be upset very long. And if you start now, your summer will be free for plenty of relaxation and fun.

Now's a very good time to launch your improvement project. Remodeling contractors and manufacturers and retailers of building materials have jointly proclaimed that May is Home Improvement Month. This means you will find the whole industry ready to help you plan and complete your project. It may be just the push you need.

Opposite: This mini-greenhouse was once just a double-hung window. Now there's enough space and light for a great display of plants. This greenhouse is made of sheet plastic and projects 18 inches from the inside wall.

Above: Or you can go the whole way and make an entire wall open to the view. This dining area wall had one small window, which offered only a glimpse of the fully developed backyard. Now the wall is a panorama all year round.

The dining area was enlarged by about ten inches; two windows open for ventilation.

Above, right: In this attic, dark storage space was turned into bright living space for a teenager. The ceiling follows the roof's slope in part of the room; in the sleeping area, the ceiling is flat.

The two tall window sections on the left are fixed; the one at right opens.

Right: Here's how to get an extra counter, storage, *and* a new window in your kitchen. This added unit projects two feet beyond the wall of the house.

To build this multipurpose extra space, you'll need to remove the wall, add a header and base plate, and then start building. Diagonal bracing firmly supports the bottom of the projection.

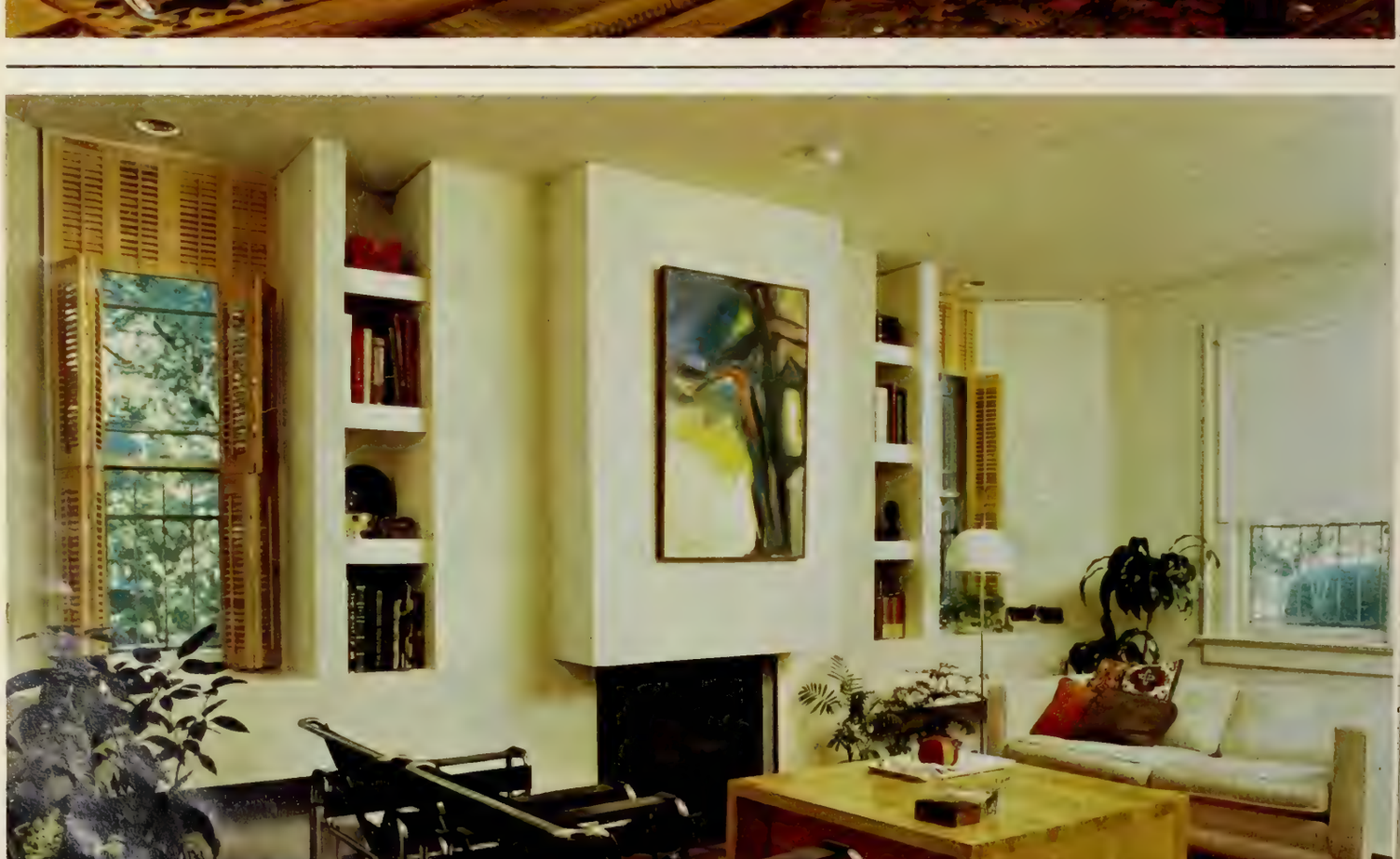


Architect: Emilio Pittarelli; Source: Ruth Martin

Buying information, page 134



Architect Douglas Govan. Interior designer: Meredyth Moses



Small scale remodelings:



Architect: Harry Ellenswelg, A.I.A. Source: Estelle Guralnick



Architect: Adler-Rosenthal. Source: Eileen Leubecker

Above, left: Blending two rooms into one can often make each a lot better. The new opening in the white wall of this dining room does just that, here and also in the kitchen beyond.

Before the opening was cut, the dining room was dull and confining. Now the room seems larger than it really is because the new opening seems to expand the space. The same thing happens in the kitchen, too.

The two rooms not only look bigger, they work better. Steps are saved at serving and cleanup time because the new opening doubles as a pass-through.

Below, left: Two of the most inexpensive remodeling materials you can use—plasterboard and framing—are the main ingredients of this striking fireplace.

The old mantel dated from the 1930s and dwarfed this small living room. The projection above the fireplace opening also was part of the original design. With the sleek new cover-up, flanking bookcases, and crisp white background, the whole room gets a fresh contemporary look.

Above: Steal some of the space from a little-used front porch and you can get an entry as handsome and functional as this one. The front door was moved forward from the point where the wood and brick floors meet. The bench top flips up to store boots inside. And on the left, three closets separate guests', parents', and kids' coats. The closets stop short of the ceiling and floor to make room for a window above and a baseboard electric heating unit below.

Above, right: If your house has a covered porch, you can convert it into an extra room very economically. This family room inherited roof, floor, and brick columns from the original porch. With the addition of flooring, doors, walls, and windows, the new room was enclosed.

The French doors at the end of the room open to a new patio that replaces the outdoor living the porch once offered.

Below, right: A generous front entry makes a hospitable introduction to any house. Although this addition is only 4½x7½ feet, the space it adds takes a lot of pressure off other rooms in the split-entry house.

Before the remodeling, there was just a small landing where the stairs turn; now there is ample room to give guests an expansive welcome. The collection of paintings on the left wall leads to the living area.

With the door located this much farther from the rooms inside, privacy is not a problem so large glass areas were possible.



Architect: Ale Chapman, A.I.A. Interior designer: Meredyth Moses

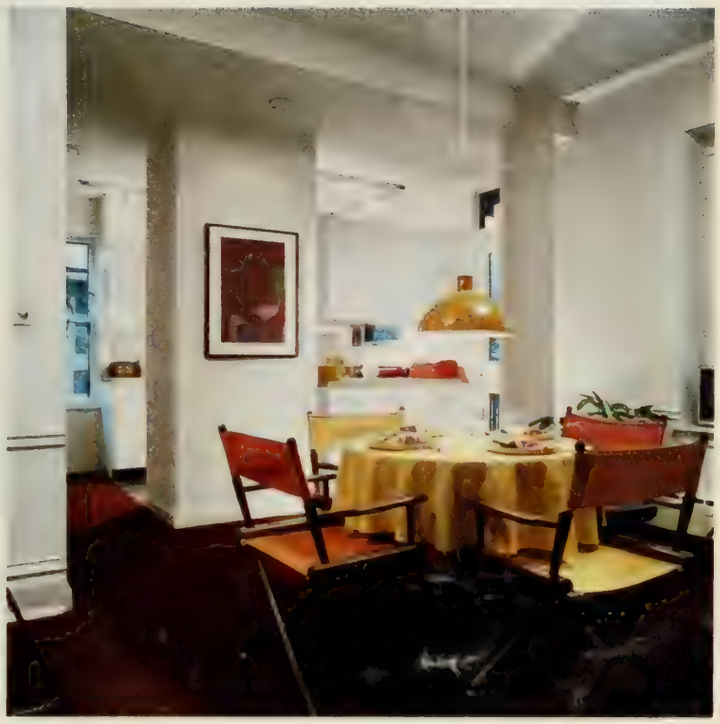
Buying information, page 134.



Small scale remodelings:



Photograph: Bill Maris Source: Gaby Leubecker



Architect: Peter Hoyt. Source: Lois Rea

Left: Here's how to convert a porch, and keep it, too. First came the skylighted 6x9-foot addition at the right and the partial enclosure of that side.

Then a series of tall doors at both ends completed the new room. The doors on all three sides are cleverly hinged so that they can all be opened at a touch—turning the room into a porch again.

Part of the new floor is made of thin "bricks" and the other part of spaced 2x2s and 2x4s stained dark. When it's time to water the potted plants, they are placed on the wood floor. This way spills and runovers drip into the spaces between the boards and evaporate—no mopping up needed.

Above: Ingenious division of space can make even a small bedroom function almost like a suite. In this girl's room, a strip of small light bulbs—much like those you'd expect to find around a vanity—outlines an existing beam to separate sleep and awake areas, without encroaching on floor space. The placement of the furniture does the rest.

Mirrors add to the illusion of space. There's a full-length one on the closet in the corner and a ten-inch strip at the ceiling line on the end wall.

Above, right: Here the space trick is subtraction, not division. Removing the dividing wall between kitchen and dining room made both rooms work better. The kitchen is more compact but now it's efficient and not the least bit confining.

And the dining room gains space for family living. Now there's room for a sofa, television, and playpen as well as the small dining table in the center.

The column near the kitchen serving counter enclosed a support post and difficult-to-relocate pipes to the upstairs plumbing.

Below, right: Light and space can transform a stuffy living room. Before remodeling, this room ended at the point where the flat ceiling stops; the rest of the floor space was porch.

First the ceiling of the porch was torn out to create the dramatic half-cathedral effect. Because the new ceiling follows the slope of the roof, it was easy to add a skylight to brighten the room below. The skylight also lets daylight spill into the second-floor master bedroom through a new "window" where the fern sits. And at night, spotlights duplicate the effect of daylight in the living room.

New sliding glass doors add to the open, airy look. They offer a room-wide view of the rear lawn and provide access to a new patio just outside.



Photograph: Bill Helms. Architect: Harry Ellenswerg. Source: Estelle Guralnick

Buying information, page 134.



Photograph: Bill Maris. Source: Gaby Leubecker





Photograph: Bill Helms. Source: Eileen Leubecker



Small scale remodelings:



Photograph: Mike Dieter. Interior designer: David Peterson



Interior designer: David Shepherd. Source: Valle Dutcher

Opposite, top left: With a little imagination, you can turn a simple storage unit into an exciting focal point for a dull family room. Here, seven 2x2x2-foot plywood cubes were stacked up pyramid style, then given a paint job to resemble an old radio. And, just like that, the whole room comes alive.

Opposite, top right: There may be a leftover spot in your house just waiting to become a miniature playroom. This space is behind a knee wall in a finished attic, but under a stairway also could be a possibility. You'll need a minimum of floor and wall covering, adequate lighting, and an access door. Add color to mark the spot and the little people will love it.

Opposite, bottom left: Full access to a closet will let you take advantage of every inch. In this closet mirrored, bifolding doors replaced the whole wall and the small door. Now there's space for all those shelves as well as more accessible hanging space. Above, sliding panels open to shelves for suitcases and the like.

Opposite, below right: A switch in appliances yielded room for this contemporary pantry, but you might find wasted space just waiting for you. You may need to build a new stub wall like the one at the far end. The rest is easy—just three divided plywood boxes, sized to fit. Cover with plastic laminate for extra hard use and add two drawers for silverware and utensils.

Above: This through-the-wall built-in works hard on both sides. On this side—the back entry hall—it serves as a much-needed catchall for things going or coming. On the other side, the two-foot-deep counter serves as a bar for the family room. Short doors between the counter and upper storage open, turning the unit into a pass-through.

Above, right: In this parents' retreat (once a nursery) an old closet becomes a luxurious built-in sofa. The alcove still offers some storage at either end and under the cushion.

The floor is covered with fabric, glued down, then treated with several protective coats of polyurethane varnish.

Below, right: The classic built-in—with its clean, straightforward lines—can improve almost any room in your house. This unit, in a girl's bedroom, is a real space-saver because it replaces all storage furniture.

Build your built-in with ¾-inch plywood to make construction simple. Then blend the unit into its surroundings by painting the different elements to match other colors in the room.



Interior designer: Irvin J. Borenstein, Inc.

Buying information, page134.

By Richard W. Jones
and Robert M. Dittmer

HOW TO STRETCH A SMALL ROOM

The size of a room and the space within it are two different things. Short of remodeling, there's nothing you can do to increase the size of a room. But space is more flexible. There are many ways you can make a small room *seem* bigger, simply by stretching the space you have. On these two pages we'll show you how to bypass the boundaries of limited space—with mirrors, with multipurpose furniture, and with the utilization of underdeveloped areas. Try our ideas for size. You'll be amazed how much living you can fit into that cramped room—without crowding your budget.

Below: Multipurpose furniture makes the most of this 11x12-foot room. It not only looks spacious, it functions in more ways than one—as a cozy library/den, as an intimate dining area, and as a guest room. The dual-height "high-low" table rises for dining use (it seats four when leaves are up), and lowers for cocktails and conversation. Casters make it easy to push the table aside when you want to make room for the double-size sofa bed. Louvered shutters and draperies soften the windows without subtracting space, and the carpet-covered ceiling serves as a decorative sound absorber.



Photographs: Hedrich. Designer: David M. Tee, A I D. Source: Jessie Walker





Right: The mirror trick has been fooling the eye for ages, and it's still the best way to make a room seem bigger than it really is. Here a floor-to-ceiling mirror was placed right angle to a bookcase wall. In addition to visually doubling the space, and "opening up" the wall, the mirror reflects light from the opposite window, brightening the room considerably. For best illusionary effect, don't place anything directly in front of the mirror.



Photograph: Hedrich. Designer: Kent S. Topham. Source: Jinny Lee Snow

Below: Visual trickery is just one of the ways to create a feeling of extra space. Another way is to exercise "air rights"—by using the space above your head. Here we hung bookshelves high on the walls to open up the area below, and to define the space-saving arrangement of beds. Painted brown, black, and purple, the shelves are decorative as well as functional. A pile of pillows on the beds and chrome lamps above make the area suitable for lounging, too.



Photograph: Mike Dieter

Buying information, page 134.

How to make a small kitchen measure up

By Joan McCloskey

Don't let an undersized kitchen cramp your style! Try thinking positive. After all, there are some definite advantages to a small kitchen. For one thing, it conserves energy—yours. You can reach everything you need with minimum physical exertion and runaround, and that's important when you're busy. How can you make your kitchen both functional and fun to work in? These five kitchens will provide lots of answers. Some of the kitchens were splashed with a paint box of color. In others, the owners combined their freewheeling decorating ideas with easy-maintenance materials. And some families utilized every nook and cranny to expand storage and counter space. As you'll see, possibilities are limitless—whatever the size of your kitchen or remodeling budget.

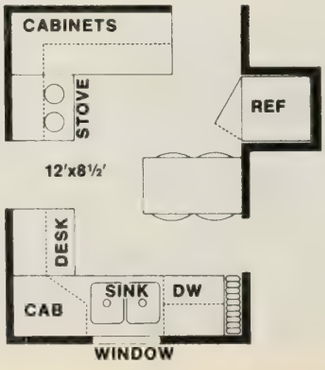


All-American red, white, and blue symbolize the frontier spirit with which this young couple tackled the renovation of a 50-year-old kitchen. "A disaster area" accurately describes the "before" of this now-happy room. The original sink was on legs. The original color scheme was a washed-out pink with black linoleum floor. And no cabinets! Sound like a challenge? You bet, but the energetic Hirschmans picked it up with a small budget and lots of enthusiasm.

They purchased a new refrigerator, range, and sink, and placed them in the same locations as the old appliances. Base and wall cabinets were incorporated around all major work areas creating two L-shaped surfaces in the 12x8½-foot space. Even with three doorways, space is available for a kitchen table that seats four comfortably for informal dinners.



A desk with bookshelves was a remodeling must for Linda Hirschman. Here she plans menus, one week at a time, and makes out all shopping lists and bill payments. Since she's a busy career lawyer in addition to being a household manager, Linda even does legal research at this location while dinner is cooking.





When Linda and Harold entertain another couple, they do so casually in the kitchen. Small touches make it bright and inviting. Red, white, and blue dishes and even the shiny apples in the basket chime in with the color scheme. Ready-made kitchen curtains over the kitchen window pick up the flag colors in the wallpaper, flooring, kitchen accessories, and wall hanging.

The old radiator in the corner is slated for a cover when the budget permits. The Hirschmans handily incorporated their dishwasher under the new counter close to the sink.

Photographs: Hedrich-Blessing
Designer: Roberta Lieberman, A.I.D.
Source: Jessie Walker

We'll bet the Kennedys spent some sleepless hours in the "before" bedroom, planning the "after" kitchen located in the same floor space. They converted a large but skinny bedroom into a compact 15x8½-foot corridor kitchen that's tailored to their love of foreign cooking.

This husband-wife cooking team was more concerned with the personal look of their kitchen than they were with the age of their appliances—they like old things if they're still functional. For example, they recycled the kitchen sink from their first home and planted it in the middle of the longest wall of base cabinets.



They purchased a large restaurant stove that's big enough for them both to cook at the same time. The brightly painted old sewing machine had been taking up room before they decided to slap a butcher block top on it and use it in the kitchen for storage and counter space. Old white metal cabinets, a good buy, took on a brand spanking new look when painted a courageous orange. As artists and designers, the Kennedys feel orange makes an aesthetic background for food—both the fresh raw ingredients and the cooked meal. "It's fun to work in an orange kitchen because it makes the food you're chopping look so appetizing," say both Kennedys.

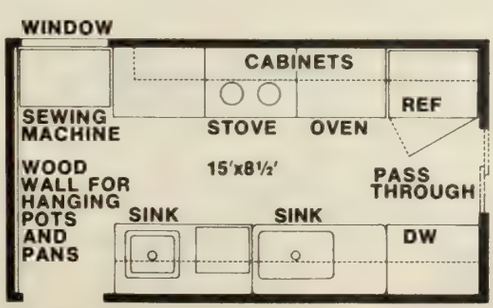
The pass-through at the end of the corridor will someday lead to a breakfast room full of the same charm and personality as the kitchen.



Outdoor greenery fills the only window behind the shiny pink sewing machine. It furnishes a handsome few more feet of counter space for food preparation as well as giving the kitchen that personal touch so important to the Kennedys.



With a repertoire of foreign recipes at their fingertips, the Kennedys need a collection of heavy-duty pots and pans. Behind the utensils, deep brown stained fir flooring lends warmth and an old country look. This original wall was moved two feet into the kitchen to gain more space for the entry hall behind it.



Photographs: Hedrich-Blessing
Architect: Cynthia Weese
Source: Jessie Walker

More small kitchens that measure up

This 70-year-old kitchen shed years after a remodeling face-lift. In a compact 12x9-foot space, the Glazers visually expanded the room with white—white appliances, white cabinets, white floor and wallpaper. The sparkling white provides a showcase for modern art and plants, and makes the kitchen come alive with light.

The angled counter end and compact triangular desk create a better passageway to the back entry and barbecue nook. Here, Marilyn plans weekly menus while having a quick lunch.

Cook books and records of wine tastings are stowed away in cabinets above the desk.





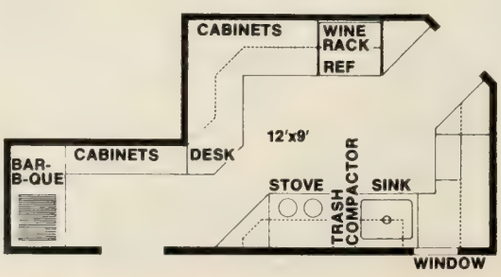




With a lot of skillful planning, Marilyn and Fred Glazer made their short-on-everything kitchen yield eight "musts": a built-in barbecue unit for Fred; a planning desk; sink with a disposer that wouldn't eat up silverware; a trash compactor; easy-maintenance counters, and plenty of them; an adequate pantry; maple chopping block; and built-in shelf for the electric mixer.

Three hungry youngsters who reach into the cookie jar "constantly" inspired Marilyn's efficient baking center. Now, all baking utensils and some supplies are gathered near the refrigerator that was moved from the alcove to its new site. A few short steps across the kitchen, an L-shaped food preparation center features an expanse of counter top near the cleanup "musts": trash compactor, sink with disposer, and dishwasher.

A refrigerator and floor-to-ceiling radiator used to occupy the 7x4-foot space now devoted to Fred's barbecue unit. Small appliances, some canned goods, barbecue sauces, and staples are stored in cabinets surrounding the grill.



Since she spends a good deal of her day in the kitchen—and who can blame her with such a cheery atmosphere—Marilyn decided to equip it for gardening, her favorite hobby next to cooking. Special fluorescent grow-lights tucked under the wall cabinets create a compact greenhouse on a counter.

Buying information, page 134.

Photographs: Hedrich-Blessing
Kitchen Designer: Nick Barba
Interior Designer: Marilyn Glazer
Source: Jessie Walker

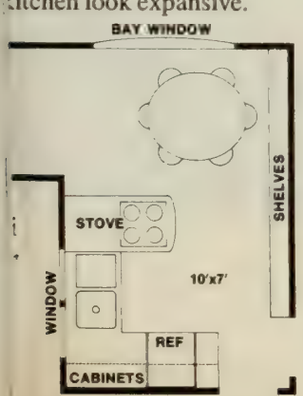
All too often, small kitchens are short on storage facilities. Here a 12-foot-long storage wall solved the problem with artistry built in. Wine bottles, French cookware, books, dishes, and yes—even canned goods —act as art objects on the open shelving unit. Though it's only ten inches deep, it solves the problem the tiny kitchen could not handle. The wall directs your eye from kitchen to eating area, making it seem like one big room instead of two small ones.

A round family heirloom table and chairs accommodate this family of six and fit the small eating area with plenty of elbowroom for everyone.





Making every inch count is essential in a compact 10x7-foot working kitchen. Hooks around the oven exhaust hood hold large bulky pots and pans, only an arm's length away from the oven. White cabinets, a large kitchen window, and an open plan make the kitchen look expansive.



Photographs:
Helms
Source:
Bonnie Maharam

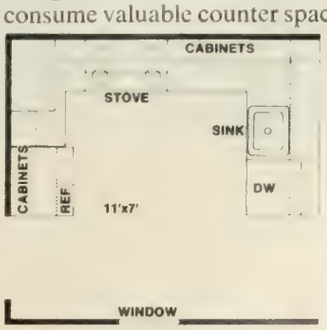


This is an example of a kitchen remodeling where less became more. By removing the wall dividing the kitchen and eating area, the Sangers created an airy, expansive room separated by a functional divider unit. The back porch was enclosed with spacious windows to physically and visually expand the dining area. After playing musical chairs with the sink, refrigerator, and stove in their kitchen planning, the family settled on this efficient U-shaped work area in only 11x7 feet. The sink was incorporated into the room divider but is concealed from the diner's view by a high back holding the storage bins.

As part of the remodeling project, paneling was removed from the kitchen walls, exposing the rich earthen tones of a brick chimney. That impressive array of pots and pans is more than decorative; they're in frequent use.



Open shelves display favorite spices and herbs, homemade preserves, flowerpots, and bowls. To save money, the Sanger's used maple flooring instead of custom-built butcher block for counter tops. The deep mellow tones of the flooring blend pleasingly with other materials in the room. Flour, sugar, and other staples are stored along the back of the sink where they don't consume valuable counter space.



Photographs
Fred Lyon
Architect
Cathy Simon
Source
Helen Hershkamp

By Doris Eby and Pat Jester

17 Meals that make the most of your meat dollar

You've undoubtedly noticed that your meat dollar is shrinking. You're bringing home less meat for more money. How can you feed your family nutritious meals, and still keep your cost within bounds? One way is to stretch your meat dollar—and here are five suggestions that will help you do just that:

1. Substitute soy/ground beef mixture for pure hamburger. (You can use textured soy protein mixed with other ground meats, too—see Soy Savvy on page 136 ' for additional information.)
2. Serve meatless meals that use cheese, eggs, and nuts more often.
3. Jazz up that traditional mainstay, pork and beans.
4. Start featuring poultry, fish, or game meats in your menus at least twice weekly.
5. Introduce variety meats to your family by using some of our scrumptious recipes as a guide.

To help you put these money-saving ideas to work at your house, we've provided delectable recipes and complete meal plans. You'll quickly discover that you don't have to skimp to save. In fact, you'll be serving more courses than you did before. Not only that, your meals will be so varied and tasty that your family will never miss those extravagant portions of meat. All that gets shorted is your cash outlay for food. And who would ever argue with that kind of a shortage?

MENU

*Baked Kibbee**
*Tangy Yogurt Sauce**
Oven Browned Potatoes
Broccoli Spears
Spiced Apricots
Biscuits
Honey
Glorified Rice
Beverage





MENU

Chicken Noodle Soup
*Taco Burgers**
Garden Relishes
Corn Chips
Fresh Fruit Bowl
Peanut Butter Cookies
Beverage

Budget basic: ground beef

Most budget-jugglers agree the country would grind to a halt without ground beef. How can you serve more portions from one pound of meat without short-cutting nutritional value? The answer, in one word, is soybeans. These homely little beans have been called superbeans—and they are. Textured vegetable protein (also called textured soy protein) sounds as if it's a "filler" like bread crumbs. Far from it. A meat mixture of 75 percent ground beef and 25 percent textured vegetable protein has a nutritional value rivaling that of 100 percent meat—and costs significantly less than meat, too. Isn't that the savings you've been looking for?

To introduce your family to soy/ground beef, try our well-seasoned **Island Sweet-sour Meatballs** (right). You'll find the soy holds in the juices and makes these meatballs even more flavorful. The basket in the background holds soybeans in the pods while the drawer of the chest is brimming with the processed form—textured vegetable protein.

Our popular **Taco Burgers** (bottom left) start off with soy/ground beef, too. You can buy it either premixed from your meatman or buy textured vegetable protein and mix it with meat and water yourself. You may want to make this a knife-and-fork sandwich so you don't lose any of those tasty morsels.

Baked Kibbee (top left) comes from the thrifty Middle Easterners; they bind this spicy triple-layered meat loaf with bulgur wheat and drizzle each serving with a flavorful **Tangy Yogurt Sauce.**

***Recipes begin on page 110.**
Buying information, page 134.

MENU

*Island Sweet-sour Meatballs**
Fluffy Hot Cooked Rice
Buttered Peas
Molded Gelatin Salad
Parker House Rolls *Butter*
Ambrosia
Beverage



Photographs: Masetti. Food Stylist: Fran Paulson

Delicious alternatives: poultry, fish, and game

If variety is the spice of life, why do Americans insist on eating meat every night for dinner? Look what we've been missing—fish, poultry, and rabbit, to name but three items. Fish is an excellent source of protein, yet it's served all too seldom. Both fish and poultry have a mild flavor that makes them wonderfully versatile. They adapt readily to marinating, saucing, broiling—the possibilities are practically endless. Make it a point to serve fish and poultry at least twice each week. We predict your family will soon be demanding even more than that.

Another neglected entrée that deserves attention is rabbit. It's long been a favorite dish in the Old World, but it somehow got lost in the transition. To see what you've been missing, check your grocer's frozen food case for domestic and imported rabbits. Our **Beer-braised Rabbit** (top right) simmers in beer along with potatoes and carrots. Then you capture all those good juices in glorious beer gravy.

Fish and Chip Bake (bottom right) is a takeoff on a justly famous English tradition. The potato layer gets a fast start from instant potatoes, then a flavor boost from sour cream and spinach that's so well disguised the kids will like it.

Colorful **Curried Chicken Salad** (far right) transforms that leftover cubed chicken into something spectacular. The chicken is arranged with orange sections, banana slices, cranberry cubes, and salted peanuts on a bed of lettuce. A drizzle of curried orange yogurt dressing crowns the kaleidoscope.

***These and additional recipes begin on page 110.**





MENU

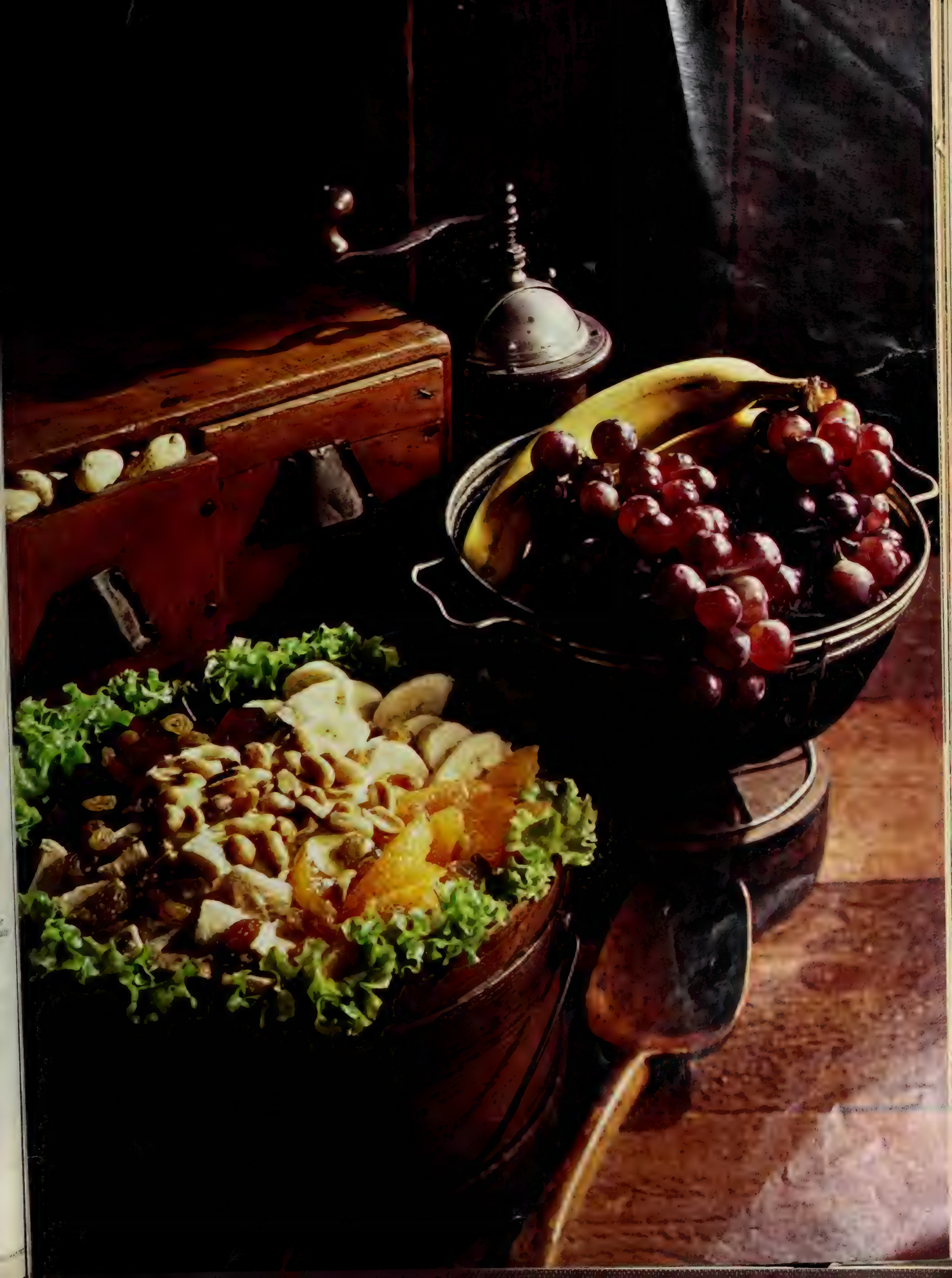
Vegetable Soup *Whole Wheat Wa*
*Curried Chicken Salad**
Cheese Muffins *Butter*
Boston Cream Pie
Beverage

MENU

*Beer-braised Rabbit**
Cucumbers in Sour Cream
Vienna Bread *Butter*
Beer
Baked Apples
Beverage

MENU

*Fish and Chip Bake**
Glazed Acorn Squash
Waldorf Salad
Rye Rolls *Butter*
Pineapple and Pudding Parfaits
Beverage



MENU

*Creamy Egg and Noodle Bake**
Buttered Carrots
Spiced Crab Apples
Corn Sticks *Butter*
Pineapple Upside-down Cake
Beverage



Cost cutter: meatless meals

To put yourself in a cost-cutting frame of mind, stop thinking about meat per se, and start thinking about protein. We have long equated proteins with meat—and it *is* an excellent and important source of protein in our diets. But there are other sources, and they're well worth exploring. Instead of ritually serving meat for dinner every night, ring in some thrifty alternatives. There are myriad possibilities, starting with eggs, cheese, and nuts.

Take our **Creamy Egg and Noodle Bake** (top right). A tangy sour cream and cheese sauce makes the distinctive green noodles epicurean.

In **Nutty Cheese Patties** (bottom right) a coating of crunchy almonds, cheese croutons, and celery contrasts delightfully with the creamy cottage cheese.

Buying information, page 134.



MENU

Vichyssoise
*Nutty Cheese Patties**
Garden Vegetable Platter
Whole Wheat Rolls *Butter*
Rhubarb Pie
Beverage



Old standbys: pork and beans

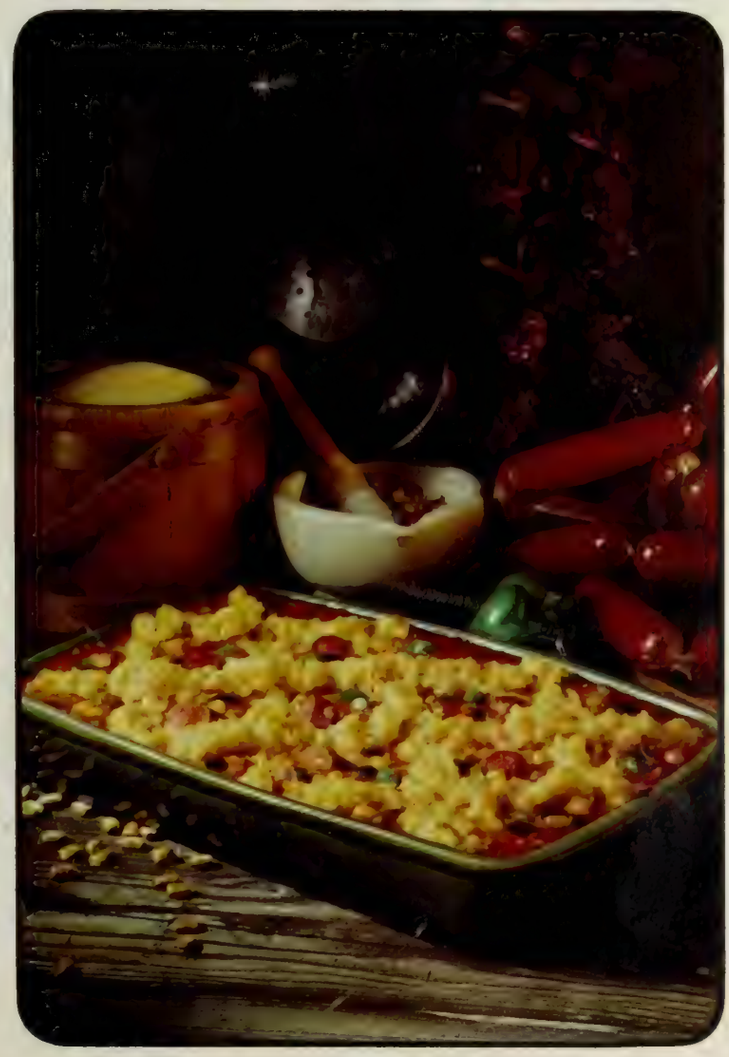
Through the decades, pork and beans have been synonymous with food economy. But why churn out the same old recipe? **Cassoulet** (top right) transforms pork and beans from bourgeoisie to aristocracy. The beans, ham, and sausage bake slowly in a wine sauce with just a touch of bay leaf, garlic, and cloves. Serve this sophisticated dish with squares of **Perfect Corn Bread.**

Frank Tamale Pie (bottom right) is a hearty one-dish family meal. This fast canned bean casserole mingles corn, cheese, and olives with frankfurter coins. A generous seasoning of chili powder adds a Mexican flair. Crisscrossed stripes of golden cornmeal make an attractive lattice pattern.

***Recipes begin on page 110.**

MENU

Fresh Citrus Cup
*Cassoulet**
Stuffed Celery *Carrot Sticks*
*Perfect Corn Bread** *Butter*
Peach Crisp
Beverage



MENU

*Frank Tamale Pie**
Buttered Zucchini Squash
Coleslaw
Banana Splits
Beverage

Versatile helpers: variety meats

Accomplished cooks in many countries create elegant haute-cuisine dishes with neglected variety meats. These good cooks know that thrifty variety meats are packed with protein and flavor, and that they adapt beautifully to many different cooking techniques.

Savory Heart and Stuffing (top right) features tender slices of cooked heart drizzled with gravy and baked atop a sage-spiked dressing. Frozen mixed vegetables are polka-dotted through the corn bread stuffing. A can of soup makes the gravy a snap.

Even those who insist they don't like liver will want to try our **Jazzy Liver Fondue** (bottom right). The vitamin-packed cubes of meat are marinated in a hot mustard, worcestershire, and catsup combo, and then coated with dry bread crumbs. Pass **Bacon Butter** and **Creole Sauce** as flavorful dippers.

Remember **Tongue and Lima Skillet** (far right) as a quick fix-up for leftover tongue. It's subtly seasoned with thyme and gets a rosy glow from catsup.

***These and additional recipes begin on page 110.**

Buying information, page 134.



MENU

*Tongue and Lima Skillet**
Buttered Red Cabbage Wedge
Cinnamon Applesauce
Sesame Hard Rolls *B*
Butterscotch Pudding *Sugar Coo*
Beverage



MENU

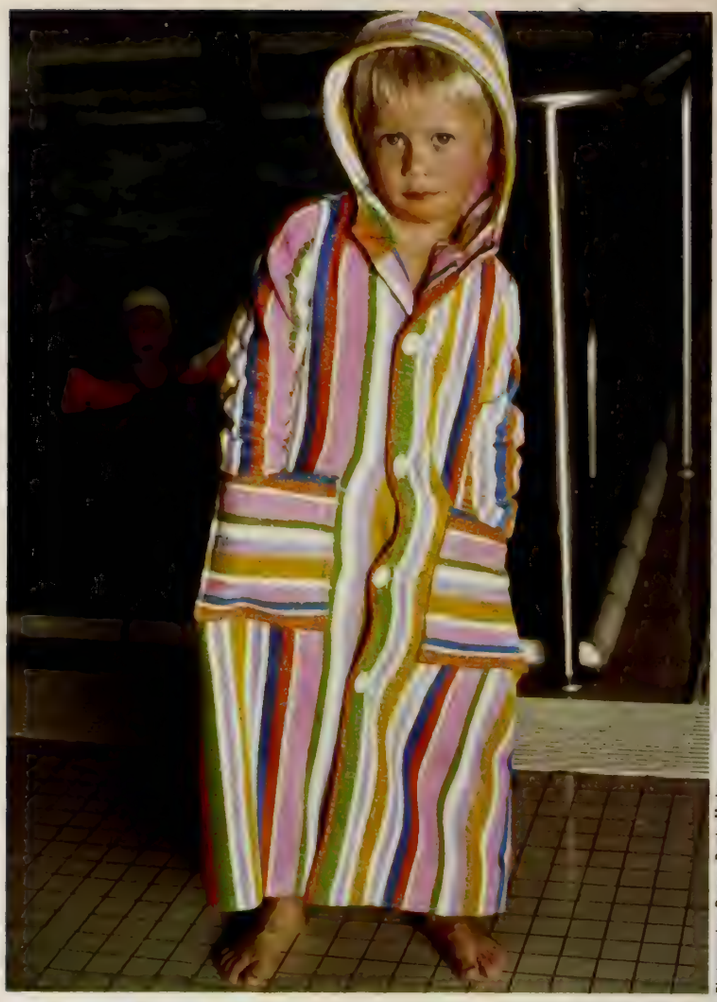
*Savory Heart and Stuffing**
Baked Tomato
Grapefruit Salad
Crescent Rolls *B*
Cherry Pie
Beverage

MENU

*Jazzy Liver Fondue**
Fresh Mushrooms
*Bacon Butter** *Creole Sauce**
Tossed Green Salad
Green Goddess Dressing
Parmesan French Bread
Chocolate Cake
Beverage







Photographs: Beege, Burda Moden

1





2

Playclothes for spring

BODY MEASUREMENT CHART

Size	2	4	6
Chest	21	23	25½
Waist	20	21	22
Hip	23	24	26
Back waist length	8½	9½	10½
Height	36	40	45

Treat your youngsters to some exclusive playclothes designed by Burda Patterns of Germany. The patterns are available only to readers of Better Homes and Gardens.

1. This versatile ensemble includes slacks and a smock top (top left) plus a sleeveless blouse and shorts. *Pattern 01287.*

2. Nothing beats this outfit for romping at the beach or pool. The pattern contains boys' swim trunks, girls' two-piece suit, and hooded cover-up for both boys and girls. *Pattern 01284.*

For back views, see page 135

Before ordering, measure your child carefully and compare the results with our chart.

Send order to: Better Homes and Gardens
Dept. 2E1, P.O. Box 374
Des Moines, Iowa 50336

Pattern 01284 Beach outfit (boys and girls)
☐ Size 2 ☐ Size 4 ☐ Size 6 Each $1.50

Pattern 01287 Playsuit
☐ Size 2 ☐ Size 4 ☐ Size 6 Each $1.50

Special offer: any two patterns for $2.50, any three for $3.45, any four for $4.25.
Postage and handling: for one to three patterns, add 25 cents; for four or more patterns, add 50 cents.

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Just when everybody's bored with budgeting, Campbell's helps you stir up some excitement.

Campbell's Soups help you whip up out-of-the-ordinary budget dishes quick and easy. And Campbell's recipes are kitchen-tested so they'll turn out great every time. Here are two your family's sure to love.

SOUPER MEAT 'N POTATOES PIE

- 1 can Campbell's Cream of Mushroom Soup
- 1 pound ground beef
- ¼ cup finely chopped onion
- 1 egg, slightly beaten
- ¼ cup fine dry bread crumbs
- 2 tablespoons chopped parsley
- ¼ teaspoon salt
- Dash pepper
- 2 cups mashed potatoes
- ¼ cup shredded mild cheese

Mix thoroughly ½ cup soup, beef, onion, egg, bread crumbs, parsley, and seasonings. Press *firmly* into 9-inch pie plate. Bake at 350° F. for 25 minutes; spoon off fat. Frost with potatoes; top with remaining soup and cheese. Bake 10 minutes more or until done. Garnish with cooked sliced bacon if desired. Makes one 9-inch meat pie.

SOUPREME SKILLET CHICKEN

- 2 medium zucchini
- 2 pounds chicken parts
- 2 tablespoons shortening
- 1 can Campbell's Cream of Celery Soup
- 1 teaspoon paprika
- ½ teaspoon basil leaves, crushed
- 1 medium clove garlic, minced
- ½ cup drained chopped canned tomatoes

Cut zucchini in half lengthwise; slice diagonally in ½-inch pieces. In skillet, brown chicken in shortening; pour off fat. Add soup and seasonings. Cover; cook over low heat 30 minutes. Stir occasionally. Add zucchini and tomatoes. Cook 15 minutes more or until tender. Makes 4 servings.

COOKBOOK OFFER: Get more than 600 exciting recipes in Campbell's "Cooking with Soup" Cookbook. Send $1.00 with your name, address and zip code to: COOKBOOK, BOX 494, Maple Plain, Minn. 55359. Offer good only in U.S.A. May be withdrawn at any time. Void where prohibited or restricted. Allow six weeks for delivery.

Campbell's makes your cooking M'm! M'm! Good!





**Your husband always eats his peas.
With pearl onions, he might even notice them.**

Regular vegetables are fine. But you can get tired of anything after twenty or thirty years.

That's why Birds Eye® came up with Combination Vegetables. Like our Peas with Pearl Onions, for example. They're better than just peas. And better than just onions.

Your husband might even mention them. And for vegetables, that's saying quite a lot.



Birds Eye® Combinations.
The first vegetables your husband might even notice.

(Above photograph is 2 times actual size.)

begins on page 100

17 meat-stretching meals

ISLAND SWEET-SOUR MEATBALLS

This soy/ground beef mixture will be slightly softer—and juicier—than all-beef meatballs—

1 beaten egg
1 cup soft bread crumbs
2 tablespoons chopped onion
2 tablespoons milk
¾ teaspoon salt
1 pound soy/ground beef mixture*

• • •

2 tablespoons shortening
1 8¼-ounce can pineapple tidbits
1 8-ounce can (1 cup) whole cranberry sauce
½ cup bottled barbecue sauce
¼ teaspoon salt
Dash pepper

• • •

1 tablespoon cornstarch
¼ cup cold water
½ cup green pepper strips
Hot cooked rice

In large bowl, combine the egg, crumbs, onion, milk, and the ¾ teaspoon salt. Add meat mixture and mix well. Shape into twenty-four 1-inch balls (about 1 tablespoon each). In large skillet, brown meatballs in hot shortening. Drain off excess fat. Drain pineapple, reserving syrup. Add water to reserved syrup to make ¾ cup. Combine syrup mixture, cranberry sauce, barbecue sauce, remaining salt, and the pepper. Pour over meatballs in skillet. Bring to boiling. Reduce heat; cover and simmer 15 to 20 minutes. Combine cornstarch and cold water. Stir into skillet. Cook and stir till thickened and bubbly. Add pineapple and green pepper. Simmer, covered, till pepper is barely tender. Serve over hot cooked rice. Makes 6 servings.

*Buy 1 pound ground beef with textured vegetable protein (soy) at your meat counter *or* mix your own—combine enough ground beef, textured vegetable protein, and water to make 1 pound soy/ground beef mixture according to package directions.

TACO BURGERS

This zesty sandwich stretches one pound of soy/ground beef mixture to feed eight people—

1 pound soy/ground beef mixture*
1 16-ounce can tomatoes, cut up
1 teaspoon chili powder
1 teaspoon worcestershire sauce
¾ teaspoon garlic salt
½ teaspoon sugar
¼ teaspoon dry mustard
8 hamburger buns, split and toasted
2 cups shredded lettuce
1 cup (4 ounces) shredded process American cheese

In skillet, brown meat mixture; drain off excess fat. Add tomatoes, chili powder, worcestershire sauce, garlic salt, sugar, and dry mustard. Stir well, breaking up large pieces of tomato. Bring to boiling; reduce heat. Boil gently, uncovered, for 15 to 20 minutes, or till thick. Spoon into toasted buns. Sprinkle with lettuce and shredded cheese. Makes 8 servings.

*Buy 1 pound ground beef with textured vegetable protein (soy) at your meat counter *or* mix your own—combine enough ground beef, textured vegetable protein, and water to make 1 pound soy/ground beef mixture according to package directions.

BAKED KIBBEE

You'll find bulgur wheat in the cereal or health food section of your store. Before packaging, the wheat is precooked, dried, and cracked till it's half the size of a rice kernel—

1 cup bulgur wheat
4 cups hot water
2 pounds lean ground beef
1 teaspoon salt
¼ teaspoon ground cinnamon
Dash ground allspice
Dash ground cloves
Dash pepper
½ cup chopped onion
¼ cup toasted slivered almonds
¼ teaspoon salt
¼ teaspoon ground cinnamon
Dash ground allspice
Dash ground cloves
Dash pepper
1 recipe Tangy Yogurt Sauce

In bowl, combine wheat and hot water. Let stand 15 to 20 minutes or till puffed up. Meanwhile, combine 1½ pounds of the meat, the 1 teaspoon salt, the first ¼ teaspoon cinnamon, the first dash allspice, the first dash cloves, and the first dash pepper; mix well. Drain wheat. Gently knead or squeeze the wheat until all the moisture is gone. Combine wheat and the 1½-pound meat mixture; mix very well till thoroughly combined. In skillet, brown remaining meat and onion till meat is browned and onion is tender. Add almonds and remaining salt and spices. Pat half the wheat

continued on page 116

The "Can't-Miss" barbecue.



You can't miss because you're fixing an Armour Little Rotisserie® Turkey. A plump little five-to-eleven pound bird specially designed for barbecues. Ready-trussed, with the wings neatly clipped and tucked out of the way. No work—and no worry, either. Because the Little Rotisserie Turkey bastes itself with pure creamery butter. Stays tender, juicy, moist.

You can't miss because the cool garden salad features sensuous slices of golden-green avocado, the love food from California. The subtle, nutty flavor and smooth texture make a delicious counterpoint to the crunchy greens. California avocado, a tempting way to dress up your salad before you add the dressing. Isn't it wonderful what love can do!



LOVE FOOD FROM CALIFORNIA
California Avocado Advisory Board

KRAFT SALAD DAYS ARE HERE.

It's the time of year for all the freshness and ripeness of the garden. The time to celebrate nature's goodness.

Celebrate the plump, ripe, red tomato by filling it with your favorite salad mixture. Tuna salad, ham salad, chicken, salmon or egg salad—each fills a tomato with flair. And Miracle Whip Salad Dressing gives each one a lively touch of difference.

Try a "starburst" tomato with tuna salad, as shown here. Cut a tomato into six sections—not quite all the way through—and fill with tuna salad. Or cut a tomato vertically into four slices—not quite all the way through—and fill with egg salad.

No matter how you slice it, the tomato is a wonderful way to celebrate Salad Days. Just use your imagination . . . and Miracle Whip!



KRAFT Division of Kraftco Corporation

You can't change the weather, but you can brighten up the day.



Bake up a batch of Sunkist* Lemon Bars. With a package of Betty Crocker® Sunkist* Lemon Cake Mix. Or Sunny Orange Bars with Betty Crocker® Sunkist* Orange Cake Mix. Both have tart, tangy natural fruit flavor. And you make them even sunnier by adding real lemon or orange peel. They're easy to make. Sunny to taste. And sure to brighten up any day.

Some of the best things you'll ever bake begin with a Betty Crocker Cake Mix.

Betty Crocker·Sunkist® Lemon Bars

Betty Crocker

1 egg
⅓ cup butter or margarine, softened
1 package Betty Crocker® Sunkist* lemon cake mix
2 eggs
1 cup granulated sugar
½ teaspoon baking powder
¼ teaspoon salt
2 teaspoons grated lemon peel
¼ cup lemon juice
Confectioners' sugar, if desired

Heat oven to 350°. Mix 1 egg, butter and cake mix (dry) until crumbly; reserve 1 cup. Pat remaining mixture lightly in ungreased oblong pan, 13x9x2 inches. Bake about *15 minutes* or until light brown. Beat 2 eggs, granulated sugar, baking powder, salt, lemon peel and lemon juice with rotary beater until light and foamy. Pour over hot crust; sprinkle with reserved crumb mixture. Bake about *15 minutes* or until light brown. Sprinkle with confectioners' sugar. Cool. Cut into bars, about 2x1½ inches. *32 bars.*

High Altitude (5000 feet): For Lemon Bars: Heat oven to 375°. Continue as directed.

ORANGE BARS: Heat oven to 375°. Substitute 1 package Betty Crocker Sunkist* orange cake mix for the lemon cake mix, orange peel for the lemon peel and orange juice for the lemon juice.

High Altitude (5000 feet): For Orange Bars: Reduce granulated sugar to ¾ cup Continue as directed.

Look for other delicious recipes on all of our cake mix packages.

®Reg. T.M. of General Mills, Inc. *T.M. of Sunkist Growers, Inc.

Like father, like son.

SPAM Spread is true to the family tradition. With the same great flavor, the same good meat ground smooth for easy spreading. Blends beautifully with other ingredients to make meaty sandwiches your kids will love—snacks, canapes and chip dips, too. You'll like the good Hormel Ham in SPAM Spread.



Hormel
FINE FOOD PRODUCTS

SPAM is a registered trademark for a pure pork product packed only by Hormel.

continued from page 110

17 meat-stretching meals

mixture into bottom of 9x9x2-inch baking pan. Gently pat the browned meat mixture atop. On waxed paper, flatten remaining wheat mixture to 9x9-inch square. Place atop meat layer; peel off paper. Cut into 2-inch diamond-shaped squares. Bake in 350° oven for 40 to 45 minutes. Serve with Tangy Yogurt Sauce. Garnish with quartered lemon slices, if desired. Makes 8 servings.

To make Tangy Yogurt Sauce: In saucepan, combine 1 teaspoon instant chicken bouillon granules and 2 teaspoons cornstarch. Stir in 1 cup water and 1 to 2 tablespoons lemon juice. Cook and stir till thickened and bubbly. Stir together 1 well-beaten egg and ½ cup plain yogurt. Stir a moderate amount of hot mixture into egg mixture. Return to saucepan. Cook and stir 2 minutes more. Makes 1½ cups sauce.

NUTTY CHEESE PATTIES

Vary the fresh vegetable accompaniments with the season—

¼ cup finely chopped celery
2 cups (16 ounces) cream-style cottage cheese
2 cups soft bread crumbs (2½ slices bread)
½ cup chopped toasted almonds
2 tablespoons chopped pimiento
2 tablespoons chopped green onion
½ teaspoon salt
½ teaspoon paprika
1 egg
¼ cup milk
1½ cups cheese croutons, crushed

Cook celery, covered, in small amount of boiling water till tender, about 3 to 5 minutes; drain. In bowl, mash cottage cheese with a fork; add bread crumbs, celery, almonds, pimiento, green onion, salt, and paprika. Mix till thoroughly combined and mixture holds its shape. Form into ten 2½-inch patties (about ⅓ cup each). Beat the egg and milk together. Dip patties in egg mixture, then in crushed croutons. Place on greased baking sheet. Bake in 325° oven for 20 to 25 minutes. Serve with cooked asparagus spears, tomato wedges, and parsley sprigs, if desired. Makes 5 servings.

CREAMY EGG AND NOODLE BAKE

You can substitute regular noodles if you have them on hand—

4 ounces (about 3 cups) green spinach noodles
½ cup finely chopped onion
1 clove garlic, minced
2 tablespoons butter or margarine
8 hard-cooked eggs, chopped
2 cups (16 ounces) small curd cream-style cottage cheese
1 cup dairy sour cream
⅓ cup grated parmesan cheese
2 teaspoons poppy seed
1 teaspoon worcestershire sauce
½ teaspoon salt
Dash pepper
Dash bottled hot pepper sauce
¾ cup soft bread crumbs (1 slice bread)
1 tablespoon butter or margarine, melted
Parmesan cheese

Cook noodles in boiling salted water according to package directions. Meanwhile, cook onion and garlic in the 2 tablespoons butter or margarine till tender but not brown. Drain noodles. Toss noodles with onion mixture and hard-cooked eggs. Place cottage cheese in blender container; cover and blend till smooth. Remove from blender. Combine cottage cheese, sour cream, the ⅓ cup parmesan cheese, the poppy seed, worcestershire sauce, salt, pepper, and hot pepper sauce; fold into noodle mixture. Turn into 12x7½x2-inch baking dish. Combine bread crumbs and remaining butter; sprinkle in a ring atop casserole. Bake, uncovered, in 350° oven for 25 minutes. Garnish with additional hard-cooked egg quarters, if desired. Pass additional parmesan cheese. Makes 8 servings.

CASSOULET

Serve a light white wine—

½ pound bulk pork sausage
1 small onion, sliced (½ cup)
1 clove garlic, minced
½ pound (1½ cups) cubed cooked ham
2 tablespoons snipped parsley
1 bay leaf
2 15-ounce cans navy beans
¼ cup dry white wine
Dash ground cloves

In skillet, cook sausage, onion and garlic till meat is lightly browned and vegetables are tender; drain off excess fat. Add ham, parsley, and bay leaf; mix well. Stir in *undrained* beans, wine, and cloves. Pour into 1½ quart casserole. Bake, covered, in 325° oven for 45 minutes. Uncover and bake for 40 to 45 minutes more, stirring occasionally. Remove bay leaf. Serve in bowl. Makes 6 servings.

PERFECT CORN BREAD

1 cup all-purpose flour
1 cup yellow cornmeal
¼ cup sugar
4 teaspoons baking powder
¾ teaspoon salt
2 eggs
1 cup milk
¼ cup shortening

In bowl, thoroughly stir together flour, cornmeal, sugar, baking

continued

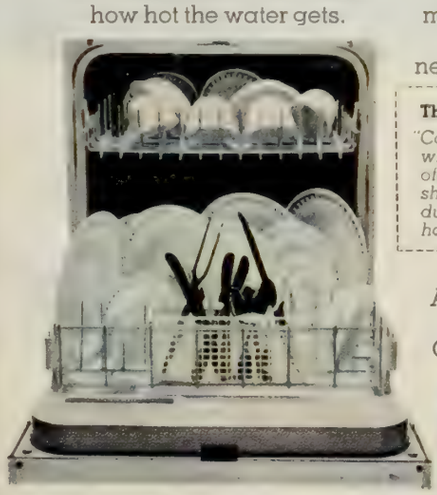


Never has a set of dishes done so much for so little.

Corelle® Livingware by Corning is translucent. Like fine china.



The pattern won't wear off in a dishwasher. No matter how hot the water gets.



*Corelle Livingware costs from $21.95 to $23.95, depending on pattern, and is available in Winter Frost White, Snowflake Blue, Spring Blossom Green, Butterfly Gold and Old Town Blue. Corelle is a registered trademark of Corning Glass Works, Corning, New York, U.S.A.



Cups stack without teetering. Take up less room.

Even if you should manage to break one of our dishes, we'll never break our promise.

The Corning Promise

"Corning promises to replace without charge any piece of Corelle® Livingware that should break, craze, chip or stain during two years of normal household use."

A 20-piece service for 4 starts at $21.95.* Or buy it by the piece.



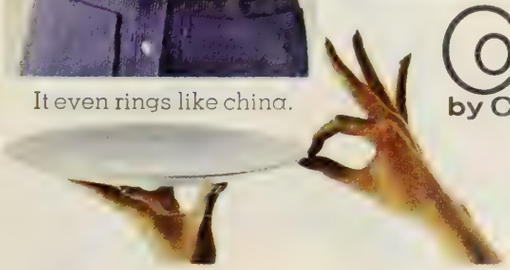
It's tougher than china or earthenware.



Corelle is so light, and stacks so easily, you can carry a full set to the table.



It even rings like china.



We designed a handle that keeps your husband's big fingers away from the bowl, so they can't get burned.



It's more than just oven-proof, it's microwave oven-proof.



Corelle® LIVINGWARE by CORNING

SPRINGTIME.

The season for new growth. New life. And in the spirit of Springtime, Kraft would like to help with these fresh and exciting serving suggestions.



KRAFT Division of Kraftco Corporation

Creamy Orange Salad

3-ounce package orange flavored gelatin
1½ cups boiling water
8-ounce package Philadelphia Brand Cream Cheese
¼ cup orange juice
1 tablespoon lemon juice
1 tablespoon grated orange rind
Lettuce

Dissolve gelatin in boiling water. Gradually add to softened cream cheese, mixing until well blended. Stir in juices and orange rind. Pour into 1-quart mold; chill until firm. Unmold; surround with lettuce. 4 to 6 servings.

Garden Vegetable Medley

½ pound Velveeta Pasteurized Process Cheese Spread, cubed
¼ cup milk
Dash of cayenne
1 head cauliflower, cooked
2 cups whole green beans, cooked
2 cups sliced carrots, cooked

Heat Velveeta and milk over low heat; add cayenne. Stir u sauce is smooth. Arrange ho vegetables on platter; pour sauce over vegetables. 6 to 8 servings.

Parmesan Popovers

4 eggs
1 cup milk
⅔ cup flour
⅓ cup Kraft Grated Parmes Cheese
½ teaspoon salt

Heat oven to 450°. Preheat greased muffin pan or custa cups. Beat eggs; stir in milk. flour, cheese and salt; beat u well blended. Pour into muf pan or cups. Bake at 450° 1



tes. Reduce temperature to continue baking 10 to 15 tes or until golden. 12 to 15 popovers.

en Rococo

nce stick Cracker Barrel and Sharp Natural Cheddar teese
icken breasts, boned, nned
gs, beaten
o dry bread crumbs
-kay Margarine
cken bouillon cube
o boiling water
o chopped onion
o chopped green pepper
lespoons flour
spoon salt
spoon pepper
2 cups cooked white rice
1 cup cooked wild rice
3-ounce can sliced mushrooms, drained

Heat oven to 400°. Cut cheese into 8 equal sticks. Cut chicken breasts in half; flatten each to ¼-inch thickness. Roll each piece around stick of cheese; secure with toothpicks. Dip in eggs, then in bread crumbs. Brown in margarine. Dissolve bouillon cube in water. Cook onion and green pepper in ⅓ cup margarine until tender; add flour, seasonings and bouillon. Cook until thickened. Add rice and mushrooms; pour into 10 x 8-inch baking dish. Top with chicken; bake at 400° 20 minutes. 8 servings.

Peach Melba Metropolitan

Canned peach halves
Philadelphia Brand Whipped Cream Cheese
Peach Melba Sauce

For each serving, place peach half in serving dish; top with whipped cream cheese and sauce.

Peach Melba Sauce

10-ounce package frozen raspberries, thawed
⅓ cup red currant jelly
2 tablespoons cornstarch

Drain berries; reserve juice. Add water, if necessary, to make ⅔ cup liquid. Combine juice, jelly and cornstarch in saucepan. Cook over medium heat until clear and thickened. Stir in raspberries. 1½ cups.



Because fresh serving ideas are helpful in any season, Kraft has gathered many of their famous TV. recipes in The Complete Cheese Cookbook.* For your copy, *please print* your name and address with *zip code* and send $1.00 in cash, check or money order (no stamps, please) to:

KRAFT CHEESE COOKBOOK OFFER
P.O. Box 9300 (Dept. SCL)
Chicago, Illinois 60677

Name _____
Address _____
City _____
State _____ Zip _____

Please allow 4 weeks for delivery. Offer valid in U.S.A. only. Void where prohibited, licensed or otherwise restricted

Good Food and Good Food Ideas from the helping hands of Kraft.



continued

17 meat-stretching meals

powder, and salt. Add eggs, milk, and shortening. Beat with rotary or electric mixer just till smooth, about 1 minute. (Do not overbeat.) Pour into greased 9x9x2-inch pan. Bake in 425° oven for 20 to 25 minutes.

FRANK TAMALE PIE

The topper should be extra stiff so it won't sink into the pie—

1 cup chopped onion
½ cup chopped green pepper
2 tablespoons butter or margarine
1 16-ounce can beans in tomato sauce
1 12-ounce can whole kernel corn, drained
½ pound (5) frankfurters, cut in ½-inch pieces
1 8-ounce can (1 cup) tomato sauce
¼ cup chopped pitted ripe olives
1 clove garlic, minced
1 tablespoon sugar
2 to 3 teaspoons chili powder
Dash pepper
1½ cups (6 ounces) shredded process American cheese
2 cups cold water
¾ cup yellow cornmeal
½ teaspoon salt

In skillet, cook onion and green pepper in the 2 tablespoons butter or margarine till tender but not brown. Stir in beans, corn, frankfurters, the tomato sauce, olives, garlic, sugar, chili powder, and pepper. Simmer, uncovered, 30 minutes or till thick. Add cheese; stir till melted. Turn into greased 12x7½x2-inch baking dish. Place cold water in saucepan. Stir in cornmeal and salt. Cook and stir till very thick, 8 to 10 minutes. Spoon lattice-fashion over hot meat mixture. Bake in 375° oven for 25 minutes. Makes 6 to 8 servings.



BEER-BRAISED RABBIT

If you don't have a sportsman in the family, hunt for rabbit in the frozen case at your store—

2-pound dressed rabbit, cut up
Salt and pepper
3 tablespoons cooking oil
3 potatoes, pared and halved
3 to 4 carrots, pared and bias-cut in 1-inch pieces
1 onion, sliced
1 cup beer
¼ cup chili sauce
1 tablespoon brown sugar
1 clove garlic, minced
⅓ cup cold water
3 tablespoons all-purpose flour
½ teaspoon salt

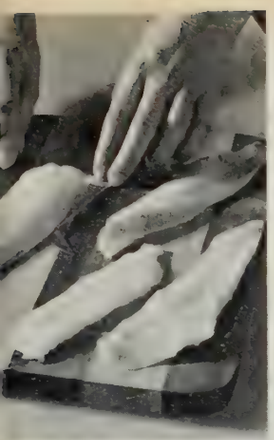
Season rabbit generously with salt and pepper. In Dutch oven, brown rabbit in hot oil. Add potatoes, carrots, and onion. In bowl, combine the beer, chili sauce, brown sugar, and garlic. Pour over rabbit. Cover and simmer 1 hour or till tender. Remove meat and vegetables to warm serving platter. Measure pan juices; add more beer or water if necessary, to make 1½ cups. Return juices to Dutch oven. Combine water, flour, and remaining salt; stir into pan juices. Cook and stir till thickened and bubbly. Return meat and vegetables to gravy; heat through. Garnish with parsley, if desired. Makes 4 servings.

FISH AND CHIP BAKE

Tasty way to serve your family spinach in disguise—

1 pound frozen perch fillets, thawed
1 10-ounce package frozen chopped spinach
Packaged instant mashed potatoes (enough for 4 servings)
½ cup dairy sour cream
Dash pepper
¼ cup milk
½ cup herb-seasoned stuffing mix, crushed
2 tablespoons butter or margarine, melted
Lemon slices

Skin fish fillets. In medium saucepan, cook spinach according to package directions. Remove from pan and drain well. In same pan, prepare potatoes according to package directions *except* reduce water by ¼ cup. Stir in sour cream, pepper, and drained spinach. Turn into 10x6x2-inch baking dish. Dip one side of fish fillets in milk, then in crushed stuffing mix. Fold fillets in half, coating side out. Place atop mashed potato mixture; drizzle with melted butter or margarine. Bake, un-



d, in 350° oven for 30 to utes, or till fish flakes eas- n tested with a fork. Serve mon slices. Makes 4 or 5 s.

ED CHICKEN SALAD

ay to get cranberry sauce the can in one piece— both ends from can; ips out easily—

orange
m banana
alad greens
ubed cooked chicken
ounce can (½ cup) jellied erry sauce, chilled and ½-inch cubes
ght raisins
alted peanuts
ayonnaise or salad ng
range yogurt
easpoon curry powder

orange over bowl to catch lice banana diagonally in reserved orange juice. ad greens into large salad rrange chicken, orange banana, the cranberry aisins, and peanuts atop Chill. Combine mayon- ogurt, and curry for chill. Pass dressing with akes 4 servings.

MENU

Ground Nut Stew
Brown Rice
Vegetable Relishes
cks Butter
Cherry Pie
Beverage

NUT STEW

icken recipe for peanut ts—

ound broiler-fryer, cut
ons shortening
carrots, sliced (½ cup)
oped onion
green pepper, cut in
vater
can (⅔ cup) tomato
nut butter

continued

This demonstration recreates the powerful cleaning ability of Sears Lady Kenmore Dishwasher (Certified by the Nationwide Consumer Testing Institute).



Sears Lady Kenmore. The do-it-itself dishwasher.

No scraping. No pre-rinsing.

Lady Kenmore has 6 powerful hot water jets for the bottom rack, surging hot water with enough force to scrub every dish, pot and pan *really* clean. Even baked-on food comes off.

And the dishes on top get as clean as those on the bottom. Because every cup and glass is scoured inside and out by a field of eight upper jets.

Then there's Lady Kenmore's protected pulverizer for leftovers. It's kind of a mini-grinder with 12 stainless steel teeth that grind soft foods into tiny particles that wash right down the drain. (Of course, water is always fresh and clean—the water that rinses your dishes hasn't washed them.)



And our 8 *different* cycles include Sani-wash, which gives your dishes an extra-hot 155° final rinse. So everything is hygienically clean.

What's more, Sears Lady Kenmore is built to perform. But if you ever do have a problem, you can rely on Sears service.

Sears Lady Kenmore does just about everything, itself. So you really do have freedom from scraping and pre-rinsing. That's why we call it The Freedom Maker. The Sears Freedom Maker, both built-in and portable, is available at Sears, Roebuck and Co. stores and through the catalog.



The Freedom Maker™

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continued

17 meat-stretching meals

1 small bay leaf
1 tablespoon snipped parsley
¾ teaspoon salt
Hot cooked brown or white rice

Halve chicken back and quarter chicken breast. In large skillet, brown chicken in shortening, about 10 minutes on each side. Add carrots, onion, and green pepper. In bowl, blend together remaining ingredients except rice. Pour peanut mixture over chicken and vegetables in skillet. Simmer, covered, till chicken is done, about 25 to 30 minutes. Spoon off excess fat. Serve over hot cooked rice. Makes 6 servings.



MENU

Herbed Tomato Juice
Melba Toast
Creamed Tuna with
Pinwheel Biscuits
Frozen Fruit Salad
Spice Cake with Fluffy Frosting
Beverage

CREAMED TUNA WITH PINWHEEL BISCUITS
Melted cheese hides inside each pinwheel—

2 small potatoes, pared and cut in ¼-inch cubes (1½ cups)
1 10-ounce package frozen mixed vegetables
½ cup chopped celery
2 tablespoons chopped onion
1 cup packaged biscuit mix
¼ cup milk
¾ cup (3 ounces) shredded process American cheese
1 can condensed cream of celery soup
1 can condensed cheddar cheese soup
½ cup milk
2 6½- or 7-ounce cans tuna, drained and broken into chunks



Cook potatoes, mixed vegetables, celery, and onion in boiling salted water till potatoes are almost tender; drain. Meanwhile, prepare Pinwheel Biscuits: In small bowl, combine packaged biscuit mix and the ¼ cup milk. Stir just till dough follows fork around bowl. Turn out on lightly floured surface. Knead gently 5 strokes. Roll to 10x6-inch rectangle, ¼ inch thick. Sprinkle with cheese. Roll up jelly-roll fashion, starting at narrow end. Seal edge. Cut in ½-inch slices. Stir soups, remaining milk, and the tuna into drained vegetables in saucepan; bring to boiling. Pour into 12x7½x2-inch baking dish. Arrange Pinwheel Biscuits, cut side down, on the boiling hot tuna mixture. Bake in 425° oven for 15 to 20 minutes or till biscuits are done. Makes 6 servings.

SAVORY HEART AND STUFFING
Make the corn bread for the stuffing from a packaged mix, then crumble—

1½ pounds beef heart
1 13¾-ounce can chicken broth
1 bay leaf
1 cup chopped celery
¼ cup chopped onion
3 tablespoons butter or margarine
4 cups coarse corn bread crumbs
2 cups dry bread cubes (4 slices bread)
1 10-ounce package frozen mixed vegetables, cooked and drained
1 teaspoon ground sage
½ teaspoon salt
1 can condensed golden mushroom soup
¼ cup water

Slit heart open; remove hard parts from center. Place heart in Dutch oven. Add chicken broth and bay leaf. Cover and simmer

hours or till tender. Mean-
e, cook celery and onion in
er or margarine till tender.
large bowl, combine corn
d crumbs, the bread cubes,
ed vegetables, celery mixture,
, and salt. Drain heart, re-
ng 1 cup liquid. Discard bay
Add reserved liquid to corn
d mixture; mix well. Turn
12x7½x2-inch baking dish.
heart and place atop stuff-
Combine mushroom soup
water. Spoon over heart
. Cover and bake in 350°
for 45 minutes. Garnish
watercress, if desired.
es 8 servings.

Y LIVER FONDUE

way to sauté mushrooms—
with fondue fork and cook
side the liver—

espoons cooking oil
espoon Dijon-style mustard
espoon lemon juice
espoon catsup
aspoons worcestershire
ce
spoon onion powder
spoon cayenne
id ½-inch-thick beef liver,
in 1½-inch strips
fine dry bread crumbs
ng oil
e Bacon Butter
e Creole Sauce

wl, combine the 2 table-
s cooking oil, the mustard,
juice, catsup, worcester-
sauce, onion powder, and
e; mix well. Add liver;
coat. Refrigerate 3 to 4
turning meat occasionally.
ve liver from mixture. Roll
rips in bread crumbs. Pour
g oil into fondue cooker
more than ½ capacity or
of 2 inches. Heat oil on
to 375°. Add 1 teaspoon
ransfer cooker to fondue
. Spear liver with fondue
ry in hot oil about 1 min-
till browned. Transfer to
fork before eating. Serve
Bacon Butter and Creole
Makes 4 or 5 servings.

BUTTER

butter or margarine,
ned
oon prepared mustard
bacon, crisp-cooked,
ed, and crumbled

butter or margarine till
Blend in mustard and
Serve with Jazzy Liver
. Makes about ½ cup.

E SAUCE

chopped onion
poons chopped green
er
poon butter or margarine
ce can (1 cup)
o sauce
water
rlic salt
pper

epan, cook onion and
ed



continued

17 meat-stretching meals

green pepper in butter or margarine till tender but not brown. Add tomato sauce, water, garlic salt, and pepper. Simmer, uncovered for 15 minutes. Serve with Jazzy Liver Fondue. Makes about 1¼ cups sauce.

TONGUE AND LIMA SKILLET

To cook tongue, simmer, covered, in salted water to cover for 1 hour per pound. Cool slightly, then slit skin and peel off before slicing—

2 tablespoons chopped onion
1 tablespoon butter or margarine
1⅓ cups water
1 10-ounce package frozen baby lima beans
1 teaspoon instant beef bouillon granules
½ teaspoon worcestershire sauce
¼ teaspoon dried thyme, crushed
⅓ cup catsup
1 tablespoon cornstarch
1½ cups thinly sliced cooked beef tongue

In medium skillet, cook onion in butter or margarine till tender but not brown. Stir in water, limas, bouillon, worcestershire, and thyme. Cover and cook according to lima package directions. Combine catsup and cornstarch. Stir into *undrained* bean mixture. Cook and stir till mixture thickens and bubbles. Stir in tongue; heat through. Makes 4 servings.

MENU

Sweetbreads Elegante
Fluffy Rice
Buttered Green Beans
Carrot Curls
Bran Muffins Butter
Strawberries and Cream
Beverage

SWEETBREADS ELEGANTE

Delicate sweetbreads simmer in an exotic vermouth sauce—

1 pound sweetbreads
4 cups water
1 tablespoon vinegar
½ teaspoon salt
1 tablespoon all-purpose flour
3 tablespoons butter or margarine
½ cup chicken broth
¼ cup dry vermouth
2 tablespoons snipped parsley
1 tablespoon toasted sesame seed
½ teaspoon dried tarragon, crushed
¼ teaspoon salt
Dash pepper
Hot cooked rice



In saucepan, combine sweetbreads, water, vinegar, and the ½ teaspoon salt. Cover and simmer 20 minutes or till tender. Drain. Remove white membranes and any fatty sections. Cut into bite-sized pieces. Coat with flour. In skillet, brown sweetbreads in butter or margarine. Add broth, vermouth, parsley, sesame seed, tarragon, the remaining salt, and the pepper. Cook and stir till mixture thickens and bubbles. Reduce heat; cover and simmer 8 to 10 minutes. Serve over rice. Makes 4 servings.

MENU

Kidney in Wine Sauce
Chow Mein Noodles
Buttered Broccoli
Broiled Tomato Half
Lemon Pudding Cake
Dry Red Wine

KIDNEY IN WINE SAUCE

Another time, try lamb kidneys—



1 pound beef kidney
1 10½-ounce can *condensed* beef broth



› chopped onion
ll clove garlic, minced
spoon salt
› coarsely chopped carrot
› coarsely chopped celery
espons dry red wine
espoons all-purpose flour
mein noodles

ve membranes and hard from kidneys and cut meat ·ise into ½-inch strips. Re- ¼ cup of beef broth. In ›an, combine kidney, re- ıg beef broth, onion, garlic, alt. Cover and cook over :at for 1½ hours. Add car- ıd celery; continue cooking der, about 25 minutes long- end wine, reserved beef and flour together till ı. Stir into kidney mixture; ınd stir till thickened and . Season to taste with salt epper. Serve over chow ıoodles. Makes 4 servings.

wrap-it-up :orage area



ograph Lyons Designer George Ontiveros Source Helen Heitkamp

›mpact wrapping center ·ide a cabinet neatly han- lky packages, small gifts. party prizes. The family ed this area to house de- , soaps, and fabric soften- ν these items go on a spe- f over the washer.

ower shelf of the cabinet verted to a paper and rib- :lf. The family uses the helf for general cleaning , and the top shelf for rranging equipment.

vrap papers are stored in ck on shelf brackets into the adjustable shelv- ›s. A curtain rod across t holds spools of ribbon. hang from a string so always handy. There's ›m on the sides for bows, ›enser, and balls of string rk-topped shelf, 33x16 pulls out from beneath net for wrapping pack- tting out patterns, or ar- ›ouquets.



This is a family that gets a lot out of life. They work hard and play hard. All day long. And they build up quite an appetite.

A family like this needs a lunch that can really stay with them.

That's where Dinty Moore comes in. Dinty Moore Beef Stew contains the same good things you'd expect in a good dinner. Meat, potatoes, carrots and a good meat gravy with bits of beef right in it. Mmm!

A meal like this really satisfies, just like a good dinner. It's just more convenient.

So you can have it for lunch.





Hormel

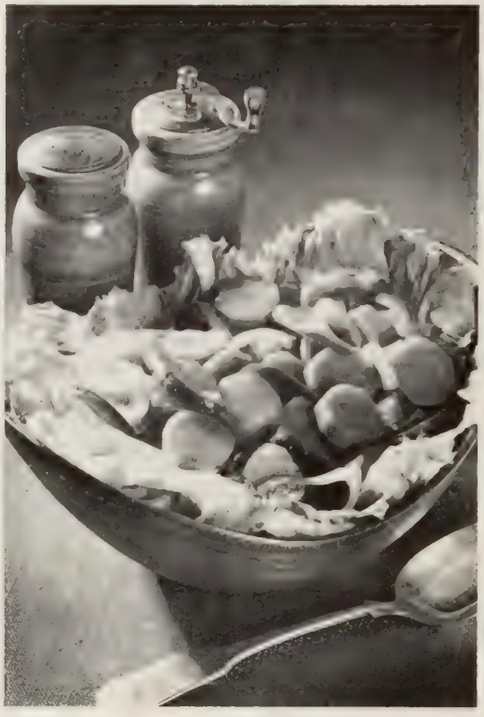
Best buys in vegetables

There's no getting around it: it takes time and thought to decide what's the best buy in vegetables—fresh, frozen, or canned. A lot depends solely on your family's food preferences. But there *are* some general guidelines. Once you're aware of them, you'll be in a better position to judge values in future shopping expeditions.

The biggest factor influencing the cost of *fresh vegetables* is season. Prices are generally at their lowest during peak production periods. But remember, buy only what you need and can reasonably expect to use. Most vegetables other than root vegetables stay fresh no more than two to five days. Also consider the amount of loss from inedible portions—one pound of fresh peas in the pods, for example, yields only about one cup of peas, while one pound of fresh green beans yields about 2½ cups.

Even though a grade may not be indicated on the package, most *canned and frozen vegetables* are packed and priced according to quality. You pay more for whole, specially sized, and fancy cut vegetables as well as for specially seasoned and sauced versions. Bargains are often available when you buy the diced or assorted vegetable pieces and vegetables that are packaged in bulk containers.







Buying information, page 134 Photographs: Dieter

BROCCOLI-CORN BAKE

A clever way to dress up economical canned corn and frozen chopped broccoli—

1 16-ounce can cream-style corn
1 10-ounce package frozen chopped broccoli, cooked and drained
1 beaten egg
½ cup coarse saltine cracker crumbs (12 crackers)
1 tablespoon instant minced onion
2 tablespoons butter or margarine, melted
½ teaspoon salt
Dash pepper
¼ cup coarse saltine cracker crumbs (6 crackers)
1 tablespoon butter or margarine, melted

Combine corn, broccoli, egg, the ½ cup cracker crumbs, the onion, the 2 tablespoons melted butter or margarine, salt, and pepper. Turn into 1-quart casserole. Combine the ¼ cup cracker crumbs and the remaining butter. Sprinkle over vegetable mixture. Bake, uncovered, in 350° oven for 35 to 40 minutes. Makes 6 servings.

COPPER PENNIES

Start with crispy fresh vegetables for this tangy relish—

2 pounds fresh carrots, sliced in ¼-inch rounds (4½ cups)
2 medium onions, thinly sliced and separated in rings
1 medium green pepper, cut in thin strips
1 10¾-ounce can condensed tomato soup
¾ cup vinegar
⅔ cup sugar
½ cup cooking oil
1 teaspoon worcestershire sauce
1 teaspoon prepared mustard
½ teaspoon salt

Cook carrots in small amount of boiling salted water till just tender, about 8 to 10 minutes. Drain. Combine with onion and green pepper in large bowl. Stir together remaining ingredients; pour over vegetables in bowl. Cover and marinate in refrigerator several hours or overnight. Drain, reserving marinade. Serve in lettuce-lined bowl, if desired. Return any leftover vegetables to marinade; keep refrigerated. Makes 5 cups.

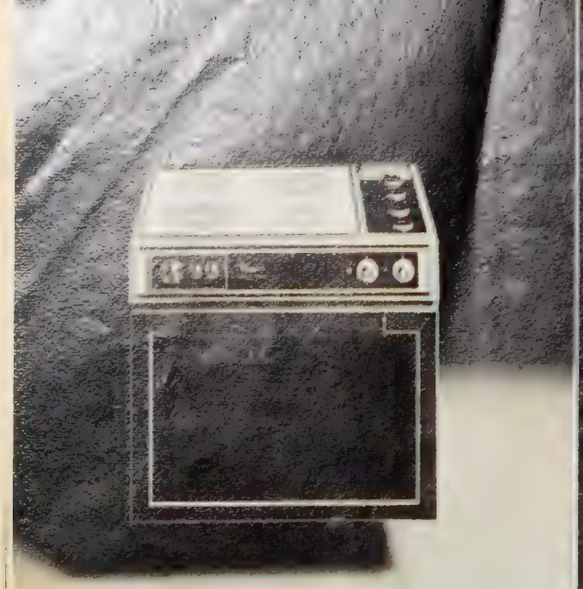
ARTICHOKES WITH PETITS POIS

Reserve this frozen pea fix-up for special occasions—

1 9-ounce package frozen artichoke hearts
½ teaspoon salt
1 10-ounce package frozen tiny or regular peas
4 tablespoons butter or margarine
2 teaspoons lemon juice
¼ teaspoon salt
3 cups thinly shredded lettuce

In large saucepan, cook artichoke hearts, covered, in ½ cup boiling water and the ½ teaspoon salt for 3 minutes. Add peas; return to boiling. Cook, covered, 5 minutes more. Drain well. In same saucepan, melt the butter or margarine; blend in lemon juice and the ¼ teaspoon salt. Add lettuce, stirring to coat well. Return artichokes and peas to saucepan, tossing lightly. Heat through over low heat. Serve immediately. Makes 6 to 8 servings.


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Home Appliances

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Chocolate Banana Cream Pie

1 large banana, sliced
1 baked 9-inch pie shell, cooled
2¼ cups cold milk
1 package (6-serving size) Jell-O Instant Pudding & Pie Filling*—chocolate flavor

Arrange banana slices in bottom of pie shell. Pour milk into a bowl. Add pie filling mix. Beat slowly with rotary beater or at lowest speed of electric mixer for 1 minute. (Mixture will be thin.) Pour at once into pie shell. Chill at least 3 hours. Garnish with prepared whipped topping and additional banana slices, if desired.

*Or use 1 package (6-serving size) Jell-O® Pudding and Pie Filling—chocolate flavor. Prepare as directed on package for pie, reducing milk to 2¼ cups. Chill 3 hours.

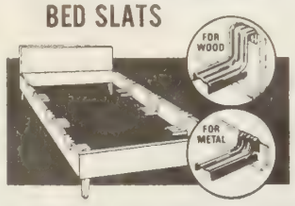




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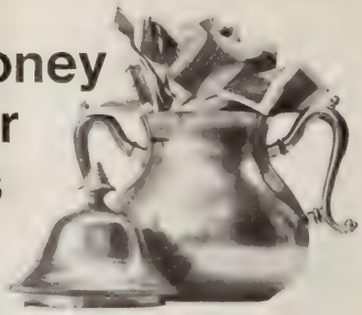
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Win money for your recipes



Holiday Vegetable Casseroles—Holiday Fruit Salads

When it comes to holiday dinners, do you star in either the ve table casserole or fruit salad division? We're looking for reci to make holiday dinners more gala. Send your recipe today either or both categories and you could be a prizewinner n December. Two Cooks-of-the-Month receive $50 each. Fo Runners-up receive $25 each and 12 Honor Roll winners get $ each. The selected winning recipes will be pictured on the Pr Tested Recipes pages next December. All 18 winners receiv framed Better Homes and Gardens Certificate of Endorsem and six copies of the endorsed recipe.

Hints to Help You

Holiday vegetable casseroles can be convenient make-aheads. Dress up everyday peas and carrots with sour cream and thyme. Use yogurt with Brussels sprouts. Do you crush herb-seasoned stuffing mix for a crunchy topper? Suggestions:

leek and lima bake
fiesta broccoli
mushroom-asparagus medley
orange-glazed beet balls
french onion-corn casserole

Holiday fruit salads might be sp tacular arrangements of fr frozen, or canned fruit ser with a wine-based dressing. M be you mold a gelatin salad i a festive shape . . . spice up f with ginger . . . or use carbona beverages with gelatin. Pointe

pear and papaya toss
holiday grape waldorf
pecan fruit bowl
fruited emerald wreath
honey cherry salad

THIS MONTH'S WINNERS

(See recipes on pages 113 and 114.)

Cooks-of-the-Month

Mrs. J. F. Finnegan, Minneota, Minn.
Mrs. Robert E. Hillis, Kokomo, Ind.

Runners-up

Mrs. Ben Coale, Beltsville, Md.
Florence Gadicke, Milwaukee, Wis.
Anna Lomonico, Temple City, Calif.
Mrs. Becky Stark, Omaha, Nebr.

Honor Roll

Maureen Bork, Arlington Heights, Ill.
Mrs. Vincent Dowling, Tacoma, Wash.
Vivian Epstein, Denver, Colo.
Mrs. Quinlan Halbeisen, Topeka, Kans.
Betty Hatton, Holman, Wis.
Mrs. Patricia Kuebler, Madison, Wis.
Jean B. Pecoraro, Fredericksburg, Va.
Nancy Reimer, Hemlock, Mich.
Mrs. Patricia A. Scott, Denver, Colo.
Mrs. G. E. Spires, Prattville, Ala.
Mrs. Richard A. Stockett, Orange, Calif.
Mrs. Bruce D. Wilson, Tomah, Wis.

CONTEST RULES

1. Write or type your recipe clearly on one side of the paper and n it "December Holiday Vegetable Casseroles" or "December Hol Fruit Salads." If you wish, send a recipe for each of the two catego
2. Print your full name and address in upper right corner of paper.
3. Give measurements in *level* cups, tablespoons, teaspoons.
4. Specify brand names of the *nationally* known food products you as ingredients so we can test your recipe with the same brands.
5. Include 50 to 100 words about the origin of the recipe you submit.
6. Recipes submitted become property of Meredith Corporation.
7. Entries must be postmarked by midnight, May 31. In cases where plicate recipes are submitted, the one with the earliest postmark be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7405 Test Kitchen, Better Homes Gardens, Des Moines, Iowa 50336.



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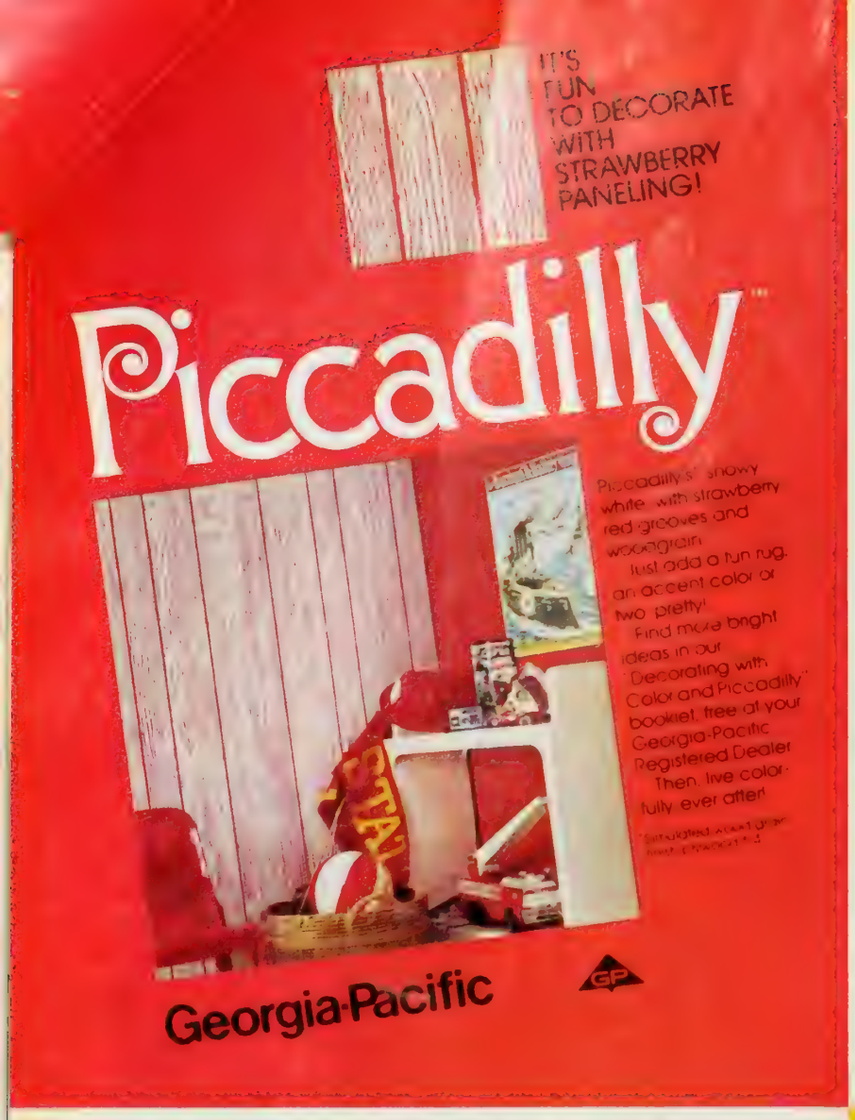
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Citation by KROEHLER



vices. In addition, it's a good idea for both groups to pledge to carry sufficient property damage and personal liability insurance.

Hiring a teacher

In the meantime, your personnel committee has found out what the state requirements are for teachers of nursery-school-age children. Some states require that at least one teacher at a school have director qualifications (a number of course hours beyond the basic teacher license qualifications and a number of years of teaching young children).

One thing the committee should keep in mind is the nature of the school. Cooperatives are not for every teacher, as they are not for every parent. You need a teacher who will enjoy the parents' interacting with the children —and not just tolerate it.

When the applicants have been narrowed to two or three, it is helpful to watch each work with children. Obviously he or she will not be completely relaxed in a test situation, but you can get a fairly good idea of how a teacher relates to children and how the children respond to him or her.

Licensing

Before you have hired your teachers you may apply for your license and receive what most states call a "provisional—new" license. This becomes a regular license after the teachers have been hired and their qualifications approved.

Your state may ask you to meet certain requirements about the ratio of adults to children, and you may be asked to submit some idea of your daily program. Fire and health department inspection certificates will now be required.

Licenses are usually issued for one year. The state will inspect your school every year, and will renew your license if there are no major problems.

Insurance

Your lawyer or local insurance agent can be of help here. Some states have insurance requirements for nursery schools. Certainly, you'll want to carry personal liability insurance for the children and the teachers, and property damage insurance. Fire insurance should also be checked into unless the school is covered by the insurance of the organization from which you are renting space.

Equipment

There are two major things to

begins on page 68

Nursery school

about the amount of square feet necessary per child in the school. Since your license will be granted for a specific number of children according to the space you have, this is the first thing to consider. Some states insist that children under a certain age be kept on the first floor of a building. If this is true in your state, it eliminates some sites. Most states specify the number and type of exits necessary from each room and have exacting standards about such things as heating and ventilation systems.

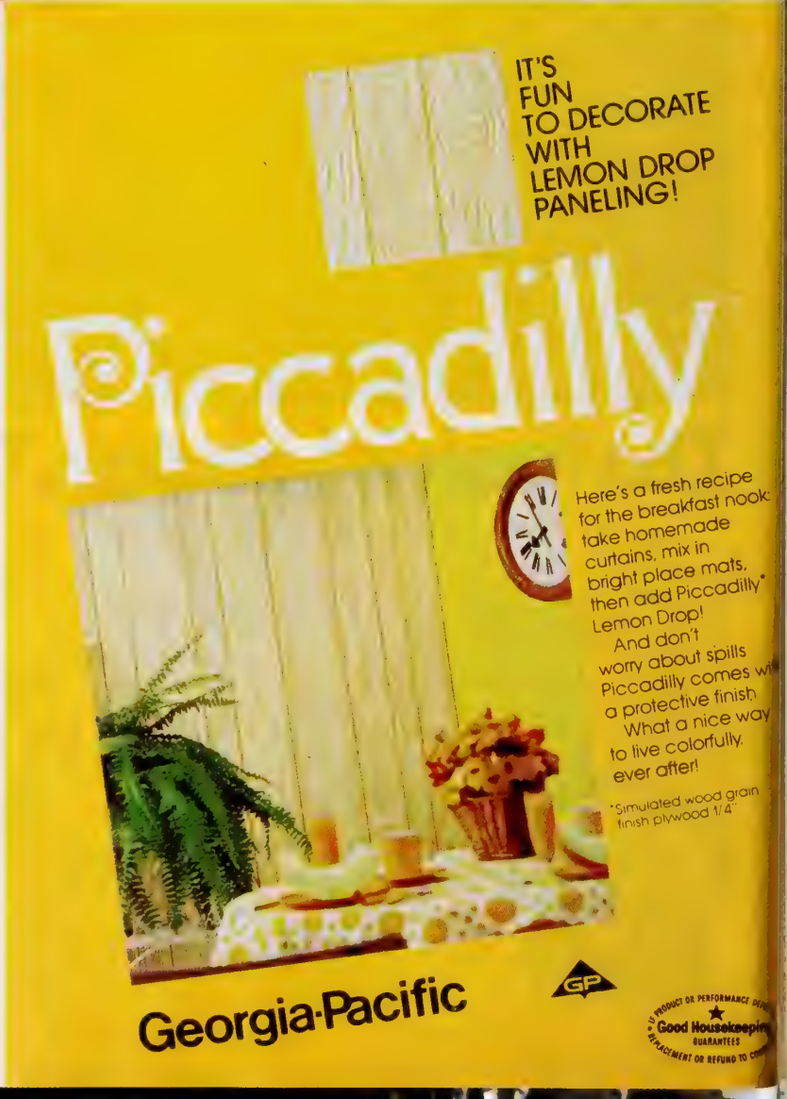
Ask the local fire and health departments to inspect each building you are seriously considering. You'll find out which ones have safety faults that cannot be changed at reasonable cost. You may also decide that it's worth making some adjustments to bring a possible site up to licensing standards. (You may be willing to install more toilets, lower the height of sinks, correct a door that opens the wrong way or lacks a panic bar, or install a staircase railing.)

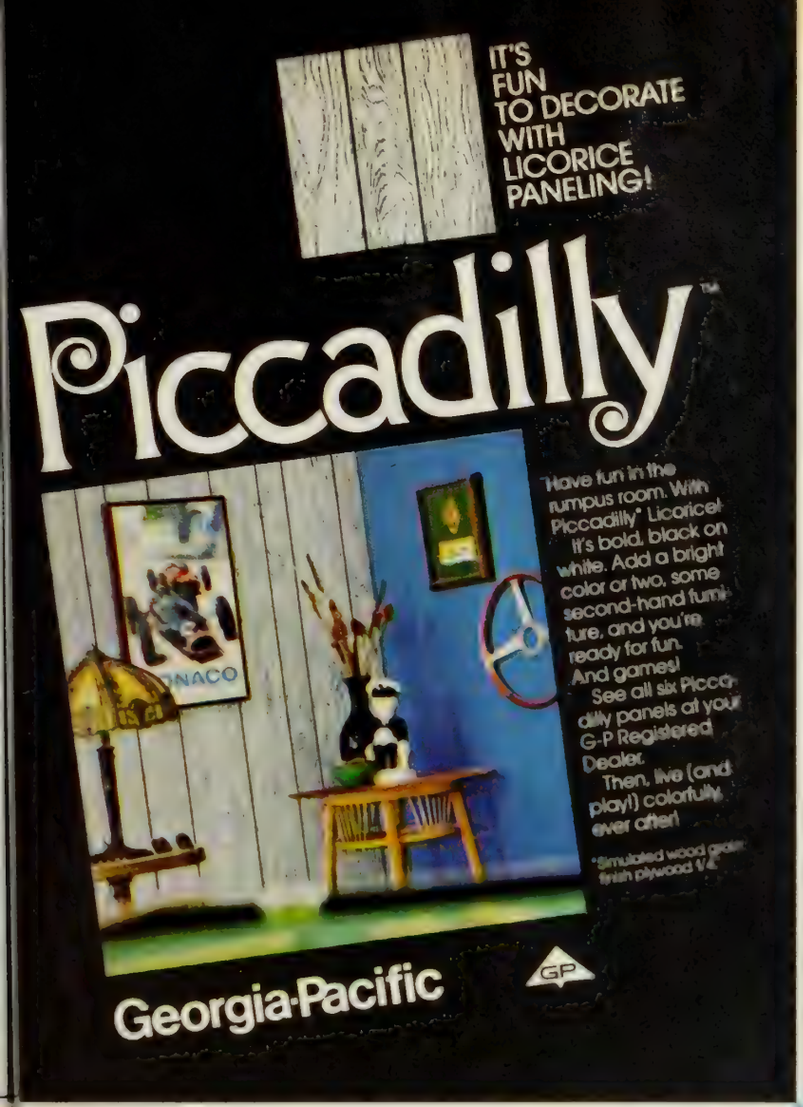
Consideration of any site must also include the outdoor play area. Again the amount of space per child is of primary importance for licensing. You'll also want to make sure that the outdoor area is easily accessible to the children and is free from hazards (or can be made free from them) such as wells, cesspools, broken glass, or debris. All parts of the play area should be visible for easy supervision. Most states require that a play yard be securely fenced, but if a location has all the other requirements, you might consider adding a fence.

Signing a rental agreement

Here again, your lawyer's advice will be helpful. You may wish to draw up a formal contract or simply have an informal agreement. Whichever you decide on, some basic things should be covered.

You should agree upon which rooms and outdoor play area may be used by the school and at what times of day, the amount of rent to be charged, the length of time the agreement will run, whether the school may erect outdoor play equipment, which church equipment the school may use and which school equipment the church may use, who shall furnish light, heat, and water and who shall furnish janitorial ser-





aminations and tuberculosis tests yearly. Some states suggest that the school keep a record of each child's current vaccinations. It's a good idea to keep an emergency card for each child (with written authorization to give emergency medical care) on which is listed the child's name, address, and telephone number, the father's (and mother's) business telephone number, the pediatrician's telephone number, and the number of a relative or close family friend to call if the parents cannot be located; (c) Supply chairman—to keep the school stocked with paints, paper, soap, and other materials which are quickly used up; (d) Snack chairman—to keep the school supplied with juice, crackers, raisins, etc. (Some schools save money here by having the participating mothers bring the snack on their days at school, if this is not prohibited by local public health rulings.)

For further information

Write and ask for a list of publications from the following:

Government Printing Office
Superintendent of Documents
Washington, D.C. 20402
(request price list #17—"Children's Bureau and Other Publications Relating to Children and Youth")

Project Head Start
Office of Child Development—U.S. Department of Health, Education and Welfare,
400 6th Street, S.W.,
Washington, D.C. 20201
(request their excellent "Bibliography on Early Childhood")

Parent Cooperative Preschools International
20551 Lakeshore Rd.
Baie D' Urte
Quebec, Canada

National Association for the Education of Young Children
1834 Connecticut Ave., N.W.,
Washington, D.C. 20009
(The NAEYC has local chapters throughout the country. Ask for the address of the chapter closest to you. It can be especially helpful in finding teacher applicants and in organizing.)

Association for Childhood Education International
3615 Wisconsin Ave., N.W.,
Washington, D.C. 20016
(The ACEI has approximately 450 local branches. Write for address of the branch nearest you.)

American Association of Elementary-Kindergarten-Nursery Educators
National Education Association Building, 1201 16th Street, N.W.,
Washington, D.C. 20036 ■

keep in mind when deciding on equipment. (1) It's vital that the teachers work with an equipment committee. Ask the teachers' advice and determine their preferences. They have experience, and they will be working with whatever equipment you get. (2) It's better to start with fewer things of the best quality and add to them. Three- and four-year-old children can be incredibly hard on playthings, and if you compromise on durability you'll end up with very little to show for your money.

Before you consider buying new things, try to get equipment through donations and buying secondhand. There are also many things that parents can make themselves.

One excellent supply of paper for artwork is blank newsprint. Your local newspaper may donate some, or sell it to you at low cost. By promising local merchants good publicity, you may be able to get useful things from hardware stores, music stores, lumberyards, toy stores, or art supply stores. You can buy secondhand at garage sales or through the classified section of the newspaper.

Among the things parents can make themselves are easels and bookcases made from scrap lumber. Much outdoor equipment can be made from low-cost (or sometimes no-cost) materials. Small tree sections can be cut in different lengths for stools, tables, and balance play; rubber tires can be used to swing on or jump through—the possibilities are practically endless.

Committees

If parents are to run the school, they must be organized and given specific tasks. Your officers probably will include a president, secretary, and treasurer. In addition, you will need a participation schedule chairman and an equipment chairman—at the very least.

If you have enough parents, it will be helpful to appoint the following officers: (a) Membership chairman—to compile class lists and be in charge of waiting lists—and to make sure that all applicants understand what the cooperative is, and what is required of parents; (b) Health and records chairman—to be responsible for keeping health records and information. Most states require all children, participating parents, and teachers to have physical ex-



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Henry Tobey, President, Terminix International.

"I'm Hank Tobey. I run a company called Terminix. Our business is getting rid of termites, roaches, ants, spiders and other pests that attack American homes. We've been doing this for years. And doing it so well that 94 out of every 100 customers across the country say they'd ask us back again.

"If your home is being invaded by pests, check us out with a neighbor or friend. Then give us a call. We're in the Yellow Pages."

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The Nationwide Termite and Pest Control Experts.

Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

HE COOKS
Page 42: Salad bowls—Etco Industries, Inc., 225 5th Ave., New York, N.Y. 10010. Salt and pepper set—Foley Manufacturing Co., 3300 N.E. 5th St., Minneapolis, Minn. 55418.

SMALL-SCALE REMODELINGS:
Page 87 (bottom right): Side windows—Andersen Corp., Bayport, Minn. 55003.
Page 88 (bottom): Lamp—Robert Sonneman, 41 Madison Ave., New York, N.Y. 10010. Chairs—Stendig, 410 E. 62nd St., New York, N.Y. 10021.
Page 89 (top right): Pillow fabric—Bloomcraft, Inc., 295 Fifth Ave., New York, N.Y. 10016. (Bottom right): Lights—Lightolier, Inc., 346 Clermont Ave., Jersey City, N.J. 07300.
Page 90: Pedestal table—Knoll International, 320 Park Ave., New York, N.Y. 10022.
Page 91 (left): Cube night table—Eklektix Inc., 8897 Beverly Blvd., Los Angeles, Calif. 90048. Wicker chair—Casual Furniture Matt, Inc., One Park Ave., New York, N.Y. 10016. (Top right): Carpet—Lees Carpets, Bridgeport, Pa. 19405. Directors chairs—Telescope Co., Granville, N.Y. 12832. Kitchen lighting—Lightolier, Inc., 345 Claremont Ave., Jersey City, N.J. 07300. Plates—Heller Designs, Inc., 200 E. Prospect Ave., Mamaronek, N.Y. 10543. (Bottom right): Skylight—Wasco Products, Inc., P.O. Box 351, Sanford, Maine 04073.
Page 92 (top left): Wall clock—Howard Miller Clock Co., 860 E. Main St., Zeeland, Mich. 49464. Lamp—George Kovacs, Inc., 831 Madison Ave., New York, N.Y. 10021. Pillows on couch—"Marimekko" by Design Research, Inc., 57 Brattle St., Cambridge, Mass. 02138. Shag carpet—Trabel Scott Fabrics Co., 979 Third Ave., New York, N.Y. 10022. Sofa chair—Charlton Co., Inc., Leonminster, Mass. 01453. (Bottom left): Mirrors—Columbia Glass and Mirror Co., 3232 Wisconsin Ave. N.W., Washington, D.C. 20016. (Bottom right): All shelves and counter—Formica Corp., 120 E. 4th St., Cincinnati, Ohio 45202.
Page 93 (left): Counter top—Formica Corp., 120 E. 4th St., Cincinnati, Ohio 45202. (Top right): Checked fabric on pillows and floor—And Vice Versa, 979 Third Ave., New York, N.Y. 10022. Indian print fabric on large pillows—S. Harris & Co., Inc., 580 S. Douglas St., El Segundo, Calif. 90245. Swirl fabric on couch and seat cushion—Arthur H. Lee and Jofa, Inc., 351 Park Ave. S., New York, N.Y. 10010. Fabric on wall in niche—Brunschwig and Fils, Inc., 979 Third Ave., New York, N.Y. 10022. (Bottom right): Flooring "Now-Floor"—Congoleum Industries, Inc., 195 Belgrove Dr., Kearny, N.J. 17 32.

HOW TO STRETCH A SMALL ROOM
Page 94 (top) Coffee table—Milling Road Furniture, Div. Baker Furniture, 1661 Monroe Ave., N.W., Grand Rapids, Mich. 49502. Sofa bed—Inland Bed Company, 2900 W. 36th St., Chicago, Ill. 60632. Lounge chair—Mount Airy Furniture Co., Mt. Airy, N.C. 27030. (Bottom right): Sheets and pillowcases—Martex, 111 W. 40th St., New York, N.Y. 10018.
Page 95 (bottom): Cube table—Sears, Roebuck and Co., 925 S. Homan Ave., Chicago, Ill. 60607. Printed pillow fabric—"Marimekko" by Design Research, Inc., 2 Campanelli Dr., Braintree, Mass. 02185. Shelf light fixtures—Raymor Richards, Morgenthau, Inc., 734 Grand Ave., Ridgefield, N.J. 07657. Floor tile—AMTICO, Perrine Ave., Trenton, N.J. 08638.

HOW TO MAKE A SMALL KITCHEN MEASURE UP
Page 96 (left): Wallpaper—"Pageant" available through S. J. Campbell Company, Merchandise Mart, Chicago, Illinois 60654; Counters—The Formica Corporation, 4614 Spring Grove Ave., Cincinnati, Ohio 45232; Dishes—Block and Company, 295 Fifth Avenue, New York, N.Y. 10001; Goblets—Import. (Middle): Flooring - Amtico, Flooring Division, American Biltrite Rubber Company, Trenton, New Jersey 08607.
Page 97 (left): Sink—Elkay Manufacturing Company, 926 State Street, Hartford, Wisconsin 53027.
Page 98 (left): Refrigerator—Admiral Corporation, 3800 W. Cortland, Chicago, Illinois 60647; Cabinets—Woodland Products, 1736 Armitage Court, Addison, Illinois 60101; Counters—Formica Corp., 4614 Spring Grove Avenue, Cincinnati, Ohio 45232; Flooring—"Cornell" by Armstrong Cork Company, Liberty & Charlotte Streets, Lancaster, Pa. 17604.
Page 98 (middle): Wallpaper—Palette Prints, Inc., 2021 N. 63rd Street, Philadelphia, Pa. 19104; Barbecue unit—Jenn-Aire Sales Corp., 3030 Shadeland, Indianapolis, Indiana 46226.
Page 98 (top right): Chair—Sears Roebuck, Chicago, Ill. 60607. Oven—Caloric Sales Corp., Township Line and Washington Lane, Wyncote, Pa. 19095.
Page 98 (bottom right): Grow-lights—Sylvania Electric Products, 2001 Cornell, Melrose Park, Illinois 60611.
Page 99 (bottom left): Refrigerator—General Electric; Oven—Thermador, 5119 District Blvd., Los Angeles, Calif. 90022.
Page 99 (middle): Ceramic tile—Stone light, San Jose, California 95110; Light fixture—Antique.

17 MEALS THAT MAKE THE MOST OF YOUR MEAT DOLLAR
Page 100 (bottom): Board—The Mort N. Marton Corp., 366 Coral Circle, El Segundo, Calif. 90245.
Page 101: Platter—"Taos" by INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039.
Page 102 (top): Platter—Wilton Aremtale, 18th & Franklin St., Columbia, Pa. 17512.
Page 106 (bottom left): Fondue forks—Etco Industries, Inc., 225 5th Ave., New York, N.Y. 10010.
Page 107: Jar—Ball Brothers Co., Inc., 402 N. Calvert St., Muncie, Ind. 47303.

PRIZE TESTED RECIPES
Page 113 (left): Cups, saucers—Spode, Inc., Turnpike Ind. Park, 26 Kennedy Blvd., E. Brunswick, N.J. 08816. Cake plate—American Cut Crystal Corp., 1150 Broadway, Hewleth, L.I., New York 11557.
Page 114 (bottom left): Platter, plates—INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (Top right): Cup, saucer, plate—Franciscan by INTERPACE.

BEST BUYS IN VEGETABLES
Page 126 (middle): Salt and pepper—Olde Thompson, The George S. Thompson Corporation, Div. of Leeds Engineering Corp., 366 Coral Circle, El Segundo, Calif. 90245. (Right): Lemon juicer—Gourmet Galerie, 714 N. La Cienega Blvd., Los Angeles, Calif. 90069.

HOW TO STORE MORE IN THE SAME SPACE
Page 152: Wallpaper—Varlar VR 6356 by United de Soto Wallpaper Company, 3101 So. Kadia Ave., Chicago, Ill. 60607; Cabinets—St. Charles Mfg. Co., 1611 E. Main St., St. Charles, Ill. 60174; Range—Thermador, 5119 District Blvd., Los Angeles, Calif. 90040; Refrigerator—Montgomery Ward & Co., 619 W. Chicago Ave., Chicago, Ill. 60607; Stool—Sears, Roebuck & Co., 7401 Skokie Blvd., Skokie Ill. 60076.

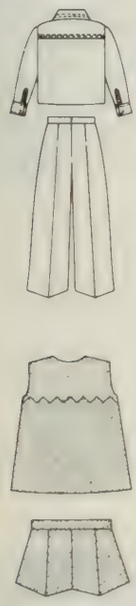
SMART SHOPPER: BEAN BUYMANSHIP
Page 154 (left): Casserole—Franciscan by INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (Right): Bowls—Rosenthal-Netter, Inc., 225 5th Ave., N.Y., N.Y. 10010.

EVERGREEN SPRING BOUQUETS
Page 158 (top left): Plate—"Golden Mood" by Lenox, Inc., Trenton, N.J. 08605. Candle holders—Viking Glass Co., New Martinsville, W. Va. 26155. Flatware—"Spanish Crown" by Oneida, Oneida, N.Y. 13421. Goblet—"Prelude" by Silver City Glass Co., 122 Charles St., Meriden, Conn. 06450. Salt and pepper shakers—Delli Silverplate, 674 Harrison St., San Francisco, Calif. 94107. Vase—Swedish Products, Inc., 6228-32 N. Clark St., Chicago, Ill. 60626. (Bottom left): Plate "Sundance" and goblet "Madeira"—Franciscan, INTERPACE Corp., 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. (Top right): Plate—"Firesong" by Lenox, Inc., Trenton, N.J. 08605. (Bottom right): Plate "Westbury and flatware "Samarkand"—Denby, 4688 Paddock Rd., Cincinnati, Ohio 45229.

attern ack views

front views of these distive patterns appeared on e 108. To order the patterns, to page 108.

Pattern No. 01287



Pattern No. 01284



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Cynthia's new GAF No-Wax Sofstep™ Vinyl Floor is so easy to keep clean.

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gaf





flavor of the meat. These patties may cook a little faster, so check them a few minutes *before* you think they should be done.

ITALIAN MEAT LOAF

- 1 cup crushed saltine crackers (22 crackers)
- 1 15-ounce can pizza sauce
- 2 eggs
- ½ cup finely chopped onion
- ½ cup finely chopped green pepper
- ½ teaspoon garlic salt
- 1½ pounds soy/ground beef mixture*
- 1 3-ounce can chopped mushrooms
- 1½ cups (12 ounces) small curd cream-style cottage cheese
- 1 tablespoon snipped parsley
- ½ teaspoon dried oregano, crushed

Photographs: Dieter



In large bowl, combine ½ cup of the crackers, ½ cup of the pizza sauce, 1 of the eggs, the onion, green pepper, garlic salt, and dash pepper; mix well. Add meat mixture; mix well. Pat ⅓ of the meat mixture into bottom of 8x8x2-inch baking pan. Drain mushrooms. Combine remaining crumbs, remaining egg, mushrooms, cottage cheese, parsley, and oregano. Spread evenly over meat in pan. Top with a layer of remaining meat mixture. Bake in 350° oven for 50 minutes. Let stand 10 minutes before serving. Warm remaining pizza sauce and pass with meat loaf. Makes 8 servings.

*Buy 1½ pounds ground beef with textured vegetable protein (soy) at your meat counter *or* mix enough ground beef, textured vegetable protein, and water to make 1½ pounds soy/ground beef mixture according to package directions.



What's in a soybean? Lots of protein—the high-quality kind that rivals the expensive protein of meat. By combining a small portion (about 25 percent by weight) of textured vegetable protein (soy) with ground beef, pork, or ham, you create a meat mixture with a nutritional rating very close to that of 100 percent meat.

What are the advantages? First and foremost, lower cost. One pound of soy/ground beef mixture will probably cost you about ten to 20 cents less than one pound of all hamburger. Over the course of one year, this can mean substantial savings.

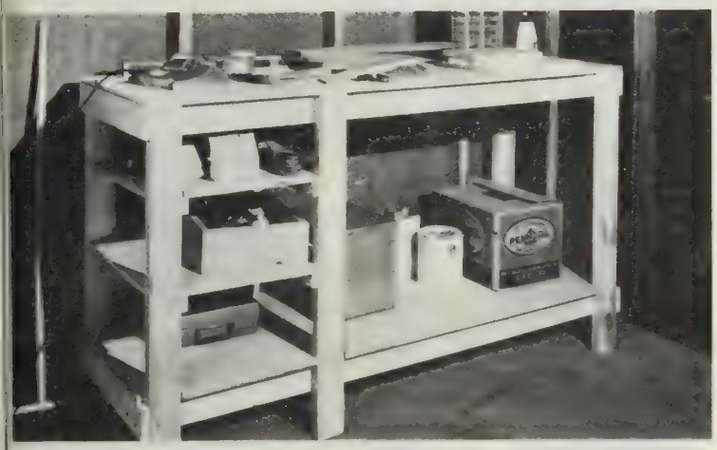
Another advantage: the soy protein absorbs the meat juices, so the finished product is more moist and flavorful. There's less shrinkage, too, so the cooked meat patties are bigger than pure meat patties. And there's a bonus for people on restricted diets—soy protein has no cholesterol.

Sound intriguing? The school lunch program thought so. Soy protein has been used extensively, and successfully, in the national school lunch programs for several years. Now textured vegetable protein is available to consumers, too. In many supermarkets, you can find a premixed textured vegetable protein and ground beef product right in the meat case. There are also several soy products in the dry form on your grocer's shelves. You simply mix this textured vegetable protein with the amount of water and ground meat specified in the package directions.

You can substitute this soy/ground meat mixture in your favorite ground meat recipes. If you cook plain patties, be sure to add some seasonings to enhance the

continued from page 14

Ten projects



You'll want to place a practical, easy-to-build workbench high on your priority list of building projects. Our bench offers a generous work surface and simple shelves you can make from one sheet of ¾-inch plywood. Make six 42-inch legs from 2x4s. Connect all the legs with 1x4 framing lumber at the top and slightly up from the bottom (to form two aprons). Position the two inner legs 24 inches from the left end. Split the plywood sheet in half lengthwise, and divide each half into two pieces, each measuring approximately 72 inches and 24 inches. The two small pieces will be used for shelves. Notch one large piece to fit between the legs, supported by the lower apron, and cover the top with the other large piece. Notch shelves, mount on 1x2 strips.



Our play/storage unit accommodates a variety of activities. Your child can sit on the pull-out bin when drawing or coloring, perch on the desk top to use the blackboard, and even crawl underneath to play with toys. You'll appreciate the sturdy construction and built-in toy storage. To build the unit, start by covering a 36-inch square of ⅛-inch hardboard with blackboard paint. Frame the board with 1x2s and mount it on the wall. Use 5x5-inch plywood brackets to mount 9x36-inch shelf on top. Our desk is designed to fit flush with the bottom of the blackboard. We used ¾-inch plywood cut 36 inches long, 18 inches deep, and 24 inches high. The attached seat with pull-out bin is 18 inches long, 18 inches deep, and 12 inches high.

Continued

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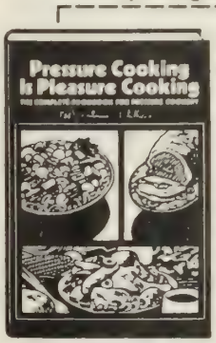
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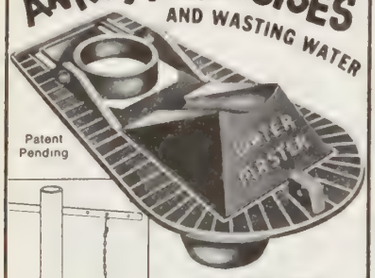
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...Due to Infection. Also Get Prompt, Temporary Relief in Many Cases from Pain, Itch in Such Tissues.

Doctors have found a most effective medication that actually helps shrink painful swelling of hemorrhoidal tissues caused by infection. In many cases, the first applications give prompt relief for hours from such pain and burning itching.

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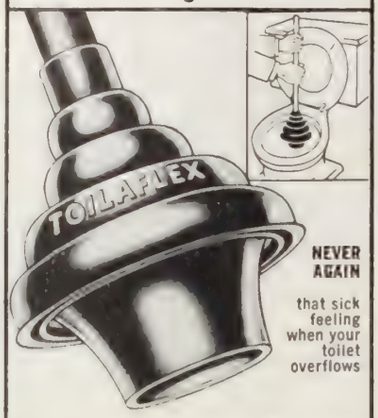
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Completely different from ordinary flappers—Water Master's reinforcing ribs keep flapper arms from spreading and unhinging. And only Water Master has the grooved, "Thrust-Back" pyramid that promptly stops the flow of water after every flushing.

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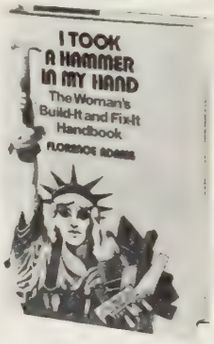
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Women's Guide to Home Repairs



Written for women by a woman

A simple, easy-to-understand book that teaches you how to build and fix things. Covers everything on Building, Plumbing, Electricity, Repairs and Renovations, and Cars! A brief sample of contents includes:

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- How to do electrical repairs, safely and simply.
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360 pages of "what's wrong" and "how-to-do-it" that you can understand. Its simple, understandable approach will save you money and time. It's the best protection you can buy against getting gyped by salesman or repairman. **No. 02200 I Took A Hammer Book $9.95; 2 for $18.95**

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Money back if not completely satisfied.

continued

Ten projects





Your new kitchen may be short of shelf space for storing small appliances or stocking canned goods and staples. An additional cabinet like this can stretch your storage considerably. If this unit is too large to fit your kitchen, you may want to build a smaller version.

We made our unit with ¾-inch plywood installed floor to ceiling. Adjustable shelves easily accommodate a mixed bag of small appliances. We used 24-inch stock louvered doors but if you've fitted your unit into a confined area, choose a door to fit your space.

You can paint your unit to match the walls or use a bright color for contrast. For extra pizzazz, you can line the inside walls and shelves with washable vinyl wallpaper or adhesive-backed vinyl. Or, you could stain the unit in a wood-tone to match the louvered doors. Compatible hardware adds the finishing touch.

To organize your back entry ar keep it free of clutter, build handy boot bin and coatrac The cushion provides conv nient seating and slides for ea access to boots.

We built our bin from ¾-inc plywood—30 inches long, inches high, and 15 inches dee The endpiece is 16x16 inches enclose the cushion. The t projects to prevent cushion fro sliding off. Our cushion is a fa ric-covered piece of two-in foam mounted on ½-inch pl wood. It slides on 1x2s mount near the top inside of bin.

Supports for the coatrack a 3 ½-inch pieces of ¾-inch pi fastened between floor and ce ing. Attach horizontal pieces 36-inch intervals to accomm date pegs cut from a ¾-in dowel. Strips of pine are attach to the supports between the ho zontals. We painted the boot b and covered the coatrack w clear mat varnish.

unny salads om esh fruit

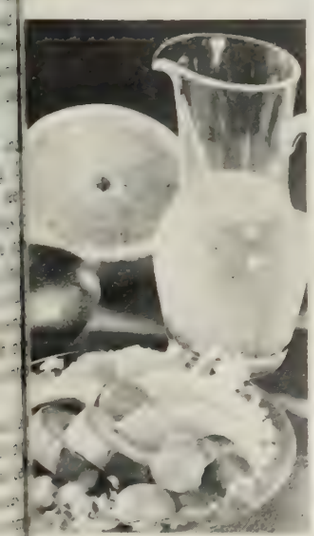
Photographs: Dieter



AYA RING MOLD
on flavor accents the natural tartness—

unce packages lemon-vored gelatin
s boiling water
cups cold water
lespoons lemon juice
ge papayas, pared, seeded, d sliced (about 2 cups sliced)
dium oranges, peeled, ctioned, and cut up (1 cup up oranges)
dium banana, sliced
unce package cream cheese, lled and cut into 16 pieces

olve gelatin in boiling water. in cold water and lemon Chill till partially set. Fold paya, oranges, banana, and cheese. Pour into 5½-cup mold. Chill till firm. Unmold serving plate. Garnish with ional papaya slices and let-eaves, if desired. Makes 8 to vings.



HINE SALAD
cial blender dressing makes fruits elegant—

-ounce can (⅓ cup) frozen ge juice concentrate, thawed
¼ cup honey
2 tablespoons vinegar
¼ teaspoon salt
⅔ cup salad oil
1 tablespoon poppy seed
Grapefruit sections
Avocado slices
Grapes, seeded and halved
Lettuce

In blender container, combine orange juice concentrate, honey, vinegar, and salt. Cover, remove center cap. Blend at medium speed while slowly adding salad oil. Blend till salad dressing is thick. Stir in poppy seed. Chill. Serve over grapefruit, avocado, and grapes arranged on lettuce-lined plates. Makes 1⅓ cups salad dressing.

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ARTS & CRAFTS FAIRS: A WEALTH OF AMERIGANA

by Gordon G. Greer

To celebrate the virtues of an earlier era —a simpler and in some ways richer age of American history, before homemade apple butter and hand-cranked ice cream were replaced on kitchen counters by frozen TV dinners, and before blacksmiths and basket makers and weavers and wood-carvers were outnumbered by media managers and systems analysts and computer programmers— scores of arts and crafts fairs of assorted kinds and sizes are flourishing across the country, coast to coast, all summer long. Some are held outdoors, others under roofs. Some are strictly show cases for the products on sale—from leather goods and ceramics to apple-head dolls—while at others the arts and crafts must compete for attention with parades, balloon ascensions, tons of scrumptious down-home cooking, and good old country music to match the best you ever heard.

The following pages describe a handful of the biggest of these events. If you're near them at the proper time, stop by and join the fun. But don't despair if this summer, with the gasoline shortage and all, you lack the opportunity to visit any of those singled out. The number of arts and crafts fairs is so sizable these days that no matter where you live or where you'll be going on vacation, your family is almost sure to run across one—and enjoy it.

The craftsmen you encounter when you attend these festivities are often people bypassed by the headlong rush of "progress." They come from little places very seldom in the news—towns like Sod, West Virginia, and Rising Fawn, Georgia—and they're repositories not only of ancient skills gone out of style but of some of the better elements of the native American character which, in cities where greater power and publicity are concentrated, have suffered concurrent neglect: optimism, integrity, pride in craftsmanship, good humor. They're the kind of Americans Lincoln honored by calling them "the real people," and it does the heart good to spend some time in their company, under the warm summer sun of some delightful rustic setting, with maybe a leg of barbecued chicken in your hand and the happy strumming of banjo music floating across the fields from the candy-striped tent where the square dancing is in progress.



Photographs: Gordon G. Greer, Bill Hopkins, David Jordan





Many of the items on display at arts and crafts fairs lend themselves nicely to do-it-yourself projects. Old-timey dolls are a good illustration. Hand-fashioned figures such as those shown above—doughface, corncob, and apple-head, left to right—have a hundred times more character than their plastic descendants, and making them is inexpensive fun. *For help in getting started, see page 149.*



Arkansas Folk Festival
(April 18-21, 1974)

This double-barreled event—half music festival, half crafts fair—is held in northern Arkansas, about a mile from Mountain View, on the 80-acre grounds of the Ozark Folk Center, which opened just in time for last year's show. The Center was erected with funds provided by the Economic Development Administration—something over $3 million in all—and contains 59 buildings of native stone and western cedar, including a thousand-seat auditorium, a visitors center, 17 shops where native crafts are demonstrated (not just during the festival but all summer long), a restaurant, a continuing education conference center, and a 60-unit lodge complete with swimming pool and game room. It's a jim-dandy place for this kind of affair, especially in the spring when the surrounding Blue Mountains are alive with flowering dogwood, wild plum trees, and blooming redbuds.

Although the Folk Center itself is architecturally modern, the crafts and music preserved there are old-timey. Blacksmiths and basket weavers and apple-head doll makers work to the gentle twanging of dulcimers and banjos accompanied by washtubs, harmonicas, and jew's harps. Some of this pickin' and strummin' comes from musicians who roam the grounds; then two or three times daily, concerts are held in the auditorium. You can also witness high-spirited jigging and square dancing, and in downtown Mountain View parades and rodeos. The floats in the parades depict such local goings-on as a coon hunt, a mountain wedding, and a quilting party.

The Craft Forum gates are open daily from ten to five, and the price of getting in is $1.50—or 50 cents for kids aged six through 15. Another $2 ($1 for children) will admit you to the auditorium on Friday or Saturday for the folk music concerts (at 2, 7, and 9:30) that feature Jimmy Driftwood and guest artists like Grandpa Jones. The Young Rackensackers play on Thursday at 7:30 ($1, kids 50 cents).

About 100,000 visitors show up at the festival, and with only 60 rooms on the Folk Center grounds, your odds of finding a vacancy aren't good. But some of the area's small towns boast serviceable motels, including Mountain View itself with five, and there are 300 campsites within a 17-mile radius. Probably the best choice, if you like to camp out, is the nearby Ozark National Forest, where you can also visit the newly opened Blanchard Springs Caverns, among the largest and most spectacular in the nation. And within an easy hour's drive of the Folk Center, north or south, there are other places well worth exploring. To the north you'll find the Bull Shoals and Norfork Lake regions, on either side of the pleasant little town of Mountain Home (not to be confused with Mountain View), and in the opposite direction lies Greers Ferry Lake, another large vacation center whose campgrounds and resorts are particularly favored by outdoorsmen.

For more information, or to book a room on the grounds—where everything shuts down between the end of the festival and the opening of the regular summer season, which this year runs from May 24 through October 31—write to the Ozark Folk Center, Mountain View, Arkansas 72560.

The Texas State Arts and Crafts Fair
(May 24-27, 1974)

This joyful whoop-de-do takes place in a nearly perfect setting. It is held in the town of Kerrville, in the rolling Texas Hill Country, on the campus of Schreiner Junior College, whose tree-shaded acres, sprinkled with tents for this occasion, have a pretty little creek in which children are soon wading and plenty of room to accommodate not only the arts and crafts fair but a folk music festival that occurs here simultaneously.

Ancient crafts and electric guitars may seem at first glance incompatible, but at Kerrville they achieve a relaxed coexistence, giving the occasion the added virtue of helping to bridge the generation gap. Hip kids who come here mainly to groove on the sounds (including those at the well-attended Folk Mass on Sunday that's led by an exuberant, guitar-playing priest) may be intrigued by the quilting demonstration, for example, and they'll stop to ask questions or express their admiration to women who have sometimes been practicing their skills for 50 or 60 years. In turn, these older craftsmen are soon scoffing at the notion that all young, long-haired music freaks are









These happy little creatures are baker's dough dolls. You can buy them at arts and crafts fairs or else design your own. To make the dough, you knead three simple ingredients: four cups of flour, one cup of salt, and a cup and a half of water. Then, after your imagination has shaped the dough and you've added touches like strawflowers or wire balloon strings, you bake the dolls about an hour at 325 degrees, just as if they were cookies. Elaine Ryan, of San Antonio, is producing these blithe spirits for the Texas State Arts and Crafts Fair in Kerrville this month.

Lucifer's disciples. It's a flowering of mutual regard that's very pleasant to observe.

The exhibitors—there were 289 of them last year—work diligently at something like 75 arts and crafts, including several found at few other fairs: saddle making, soapstone carving, sourdough bread making, and the hand-fashioning of really neat slingshots. There's local food galore and a variety of diversions, from folk dances by young members of the Hill Country Arts Foundation to an old-time fiddlers' contest on Sunday.

The price of admission is $1 for grown-ups, 50 cents for kids who haven't reached their twelfth birthday. On Friday and Saturday, the hours are ten to eight; on Sunday there's a later opening (noon); and on Monday there's an earlier closing (5 p.m.).

When the gates to the fairgrounds are shut for the night, the music festival moves this year to the new outdoor theater on Quiet Valley Ranch, about ten miles from the fair site, where admission to each of the nightly concerts—featuring performers like Peter Yarrow, Carolyn Hester, and Kenneth Threadgill, whose music is described as "folk rock," "Texas folk," and "country folk"—costs $3.50 per person, or $12 for all four evening events, if you buy your tickets in advance. (Waiting until you get there and buying them at the gate adds $1 to the price of each ticket.) Write to Folk Fest, Box 1466, Kerrville, Texas 78028.

Kerrville has comfortable lodging and camping facilities, or you can combine your trip to the crafts fair with a visit to San Antonio, only 70 miles away on I-10.

For additional information concerning the fair, write to the Texas State Arts and Crafts Fair, Box 12008, Capitol Station, Austin, Texas 78711.

Northeast Craft Fair 9 (June 28-30, 1974)

The Dutchess County Fairgrounds, in Rhinebeck, New York, became the new home last summer of the annual Northeast Craft Fair, which had been held for the first seven years of its existence in Bennington, Vermont. The move brings much closer to Manhattan's burgeoning crafts colony (Rhinebeck is only 90 miles from New York City) an event that ranks high among the best—perhaps it's *the* best—for the overall quality of the items sold and showed.

Large, permanent buildings house some of the booths; others are under tents. And while the atmosphere at Rhinebeck is casual and pleasant, it's not at all remindful of a carnival. Sponsored by the Northeast Region of the American Crafts Council, the three-day exposition has no special events (except, of course, for crafts demonstrations) and only a bare minimum of hoopla; fairgoers are thus encouraged to pay appropriate attention to the work of nearly 500 craftsmen, all of whom live in the Northeastern states, from Maine as far south as Washington, D.C. Often what makes the crafts items at Rhinebeck so exceptional is the playful imagination that went into their design. You'll see things like stuffed chessmen, gorgeously embroidered; footstools that, with mad logic, have their own cloth feet attached; ingeniously elaborate wooden puzzles and toys; delightful handmade quilts that look like people lying down. Splendid originality, combined with well-honed skill, is obvious in all varieties of craftsmanship here—jewelry, ceramics, stained glass, batik, wood turning, weaving, whatever. Even if you don't buy yourself a present to take home, it's worth the price of admission ($1, children free, also free to members of the American Crafts Council) just to roam around and savor the wealth of beautifully wrought creations.

The gates are open daily from ten to six, and hopefully the downpour with which last year's fair opened will not play a return engagement.

Overnight lodgings are available in Rhinebeck and in neighboring communities in the Hudson River Valley—one of the nicest vacation areas in the country—or you can drive up to the fair from New York in the morning and back again after it closes.

For additional information, write to Carol Sedestrom, Director, Northeast Craft Fair 9, 12 North Chestnut Street, New Paltz, New York 12561.

Kutztown Folk Festival (June 29-July 6, 1974)

This annual celebration of the Pennsylvania Dutch, which marks its silver anniversary this year, fills every square foot of a 35-acre fairground with throngs of holiday





Cornhusk dolls are about as native as any native product can get; the colonists made them with techniques picked up from the Indians. Today the dolls appear at arts and crafts fairs not only as gifts for children but as Christmas tree adornments and as table decorations, either self-standing or mounted on wood. Mother-and-child pairings are still the most popular, followed closely by the figures of pioneer women sweeping with straw brooms or engaged in other chores. But more original creations, like this girl skipping rope, reflect the different ideas of a younger breed of craftsmen and may inspire a novel pattern of your own. Instructions for making cornhusk dolls begin on page 149.



visitors. Its eight-day program, always sandwiched around the Fourth, is jam-packed with both indoor and outdoor events plus a goodly number held under tents. In addition to the customary arts and crafts exhibits, there are country auctions, hoedowns, parades, balloon ascensions, seminars on the traditions of the Pennsylvania Dutch, and pageantry that attempts to give life to the region's heritage through scenes employing local kids as actors: mock Amish weddings and community barn-raisings and twice-a-day enactments of a hanging. These dramatic presentations are a bit amateurish and hokey, but popular nonetheless. The Amish people themselves never participate, of course, in any aspect of this annual merriment; they belong to one of the severely strict Plain Dutch sects—a category that also embraces the Mennonites and Dunkers —and their beliefs do not permit it. But the Fancy Dutch, or Worldly Dutch, whose rules are less restrictive, can be spotted at the festival wearing their distinctive attire, the women sporting sunbonnets and long gingham dresses, the men in dark-hued tribute to sobriety.

The educational exhibits here are consistently good, and facilities for keeping youngsters amused are abundant—including a merry-go-round fashioned from an old-time farm machine, and wagons filled with hay that kids can throw at one another.

The best buys at Kutztown are the handsome homemade quilts—884 of them in 1973—that are entered in the annual competition, then sold. Almost without exception, they're the product of expert craftsmanship. If you arrive at the festival early enough to beat the midday crowds, you'll enjoy watching and chatting with the numerous craftsmen who demonstrate their skills along the commons and in the crafts building —silversmiths, fraktur artists, block printers, toleware painters, pewter molders, candlemakers, coopers. The work they turn out is for the most part first-rate, but, alas, in the souvenir booths the crafts are disappointing—things like mass-produced hex signs and Amish dolls and bonnets hawked under the assumption that fairgoers have poor taste.

The food, vast arrays of scrumptious regional delights, can be endorsed without the slightest reservation. Have you ever tasted genuine Lebanon bologna? Or shoofly pie? Funnel cakes with mint tea? Soft pretzels? Potato candy? Schnitz un knepp? Berks County scrapple? How about a hot-waffles-and-ice-cream sandwich? Nothing better.

The gates are open daily from nine to seven, and the price of admission—$2.50 for adults, 50 cents for children under 12—covers all special events and demonstrations. Kutztown is situated on US-222, approximately halfway between Allentown and Reading. Overnight lodgings are plentiful in both those cities, and more than a dozen campgrounds lie only a short drive from Kutztown.

For additional particulars concerning the fair, write to the Pennsylvania Folklife Society, College Boulevard and Vine, Kutztown, Pennsylvania 19530.

Mountain State Art and Craft Fair (July 3-7, 1974)

Of the half a hundred festivals each yea in West Virginia that feature traditional art and crafts, four merit special attention: th Mountain Heritage Arts and Crafts Festiva (June 7-9, 1974), outdoors on the ground of the Harpers Ferry Caverns; the West Vir ginia State Folk Festival (June 21-24, 1974 in the little college town of Glenville; th Appalachian Art and Craft Festival (Au gust 23-25, 1974), held inside the Raleig County Armory, in Beckley; and, larges and perhaps most appealing of all, th Mountain State Art and Craft Fair, over th Fourth of July weekend, for which big, co orful tents dot the fields at Cedar Lakes, camp and conference center near Riple

What makes the affair at Cedar Lakes s enticing? Well, to begin with, its splend lakeside setting—rustic yet convenient I-77 and plenty large enough to accomm date the 25,000 people who show up he on a typical day. Then there's the relaxe friendly ambience of the place. West Vi ginians take great pleasure in what this fa has to offer—whether it's the delicious i cream that comes fresh from the tent whe youth groups work in shifts to turn it out the tubful or the authentic mountain mus played in the shade of ancient trees—ar their mood of deep enjoyment is contagiou

About 200 craftsmen sell their goods







What you see here dancing energetically on a tapping board is known as a Limber Jack—or Stomper Doll, as some people call it. This particular version was designed by Dick Schnacke, probably the leading producer of authentic American folk toys, who shows them at various fairs every summer. In 1963, at the first Mountain State Art and Craft Fair, Schnacke sold only $60 worth of goods—whimmydiddles and gooneyweights, mostly. But interest in native crafts has grown tremendously since then, and his sales at this year's fair could be a hundred times that great, with a stock that now includes some 60 items—things like bull-roarers, flipperdingers, saw men, and hoop rolls. To make your own Limber Jack, see the instructions on page 150



Cedar Lakes, much of it first-rate stuff at bargain prices. Ten dollars might buy a quality crazy-quilt purse, for example, or $30 a good cane-bottom chair. Likewise, the cost of admission is modest: $2 for grown-ups, 50 cents for school kids, with no extra charges for the special events inside—like the Fourth of July hoedown, the crafts demonstrations, the lectures on various aspects of Appalachian heritage, and the thrice-daily sessions of mountain dancing.

The gates are open daily from ten until nine, and there are tent and trailer camping facilities close to the fairgrounds. Motel accommodations, although limited in Ripley, are abundant in both Charleston and Parkersburg, each within an easy hour's drive of Cedar Lakes.

For further information about fairs in the Mountain State, write to the Travel Development Division, West Virginia Department of Commerce, 1900 Washington Street East, Building B, Charleston, West Virginia 25305.

Craftsman's Fairs of the Southern Highlands (July 8-12 and October 15-19, 1974)

The Southern Highland Handicraft Guild, whose membership embraces about 2,000 craftsmen from marvelously named places in a nine-state area—towns like Horseshoe, North Carolina, and Friendsville, Tennessee—sponsors two major indoor events every year at which some of the finest and most authentic native handiwork in the country is extensively displayed, items that reflect a mastery of mountain-grown skills 200 years in the aging. Both go under the name Craftsman's Fair of the Southern Highlands and both are five-day affairs held in city auditoriums—the first, in July, in Asheville, North Carolina, and the second on the other side of the Great Smoky Mountains in Gatlinburg, Tennessee. A substantial number of exhibitors have booths at both events, whose other points in common include the cost of getting in ($2 for adults, $1 for kids aged six through 11, with a 25 percent discount for groups of 15 or more), hours of operation (from ten to ten daily), and an almost exclusive emphasis on arts and crafts, with food and special events just minor sidelights—although each fair is augmented by a folk music program.

Most people who attend these two fairs come to buy; sales last year at Gatlinburg totaled nearly a quarter million dollars. Obviously, the merchandise moves briskly off the counters, and visitors who delay their arrival until the fair's closing day may miss a chance to see the best items. Besides, closing day is traditionally the most crowded (opening day is the second most crowded), the least enjoyable time to shop and browse.

For that matter, these communities, Gatlinburg especially, are usually jam-packed the whole week of the fair. If you want to stay in town, you'll need advance reservations. The crowds are drawn to Gatlinburg not only by the crafts (in addition to the fair, there are dozens of little shops around town) but by the splendid autumn colors in which the mountains look their loveliest—Gatlinburg being the gateway city to the Great Smoky Mountains National Park.

For more information about either or both fairs, write to Craftsman's Fairs, P.O. Box 9145, Asheville, North Carolina 28805.

Pennsylvania Dutch Days (July 23-28, 1974)

The setting for this quarter-century-old gathering in Hershey is Hersheypark Arena, a venerable hockey and concert arena transformed for the occasion into an exhibition hall. The festivities include a smattering of outdoor goings-on—a blacksmith demonstration, a display of farm machinery, an oom-pah-pah band, a couple food stalls in the parking lot—but all the arts and crafts booths, the heart of the exposition, are clustered on the floor of the arena.

Comparisons between the Hershey fair and Kutztown's are inevitable because both are celebrations of the Pennsylvania Dutch—but that's about as far as their similarity extends. Hershey's affair is indoors, Kutztown's mostly outdoors. Hershey's is uncrowded—well, relatively uncrowded—while Kutztown's is frequently jammed. And whereas arts and crafts at Kutztown play a secondary role to food, special events, and various kinds of fun and games, at Hershey they're pretty much the whole show. There are no balloon ascensions here, no square dancing contests, almost nothing to distract attention from the arts and crafts displays. Even Pennsylvania Dutch cooking









Although older kids today crave dolls that wet their diapers or talk, simple movement still suffices to delight most younger children, and in making toys like this our native craftsmen have long excelled. Two good examples of what you'll find at arts and crafts fairs are shown in the pictures above. The pop-up doll at left is first collapsed inside the cone, then suddenly emerges in jack-in-the-box fashion. (Its cork-ball head is attached to the end of a stick you push up.) And the climbing bear makes it to the top every time when someone pulls alternately on the ropes. To learn how to make the dolls, see page 150



goes all but ignored.

But don't get the impression that a visit to Hershey is any less enjoyable than a visit to Kutztown. Right across the street from where the crafts fair takes place stands Hersheypark, one of the leading amusement centers in the country. Also within a few steps is Hershey's Chocolate World, opened to the public only last June, where a simulated journey in an automated car will show you how the famous Hershey chocolate bars are made; vicariously, you travel from the cocoa bean plantation to the factory. (Tours of the *real* factory, which you may remember from past visits, were discontinued with the opening of Chocolate World.) You'll also enjoy the Hershey Rose Gardens and Arboretum (with something over 42,000 rosebushes) and the campus of the Milton Hershey School for orphan boys.

The fair is open daily from nine to seven, and admission to the arena costs $1.50. Children under 12, if they're accompanied by a parent, are admitted free of charge.

The best lodgings in town are at Hotel Hershey, a long-esteemed resort with all sorts of diversions—golf, tennis, horseback riding, swimming, live entertainment—and at the Hershey Motor Lodge, which boasts a brand-new convention center. Or you might prefer to stay in Harrisburg, the state capital, which lies about a dozen miles west.

For further information concerning the fair, write to the Pennsylvania Dutch Days Committee, Inc., P.O. Box 242, Hershey, Pennsylvania 17033.

National Festival of Craftsmen (September 28-October 13, 1974)

Silver Dollar City, in Missouri's Ozark vacation country—near Table Rock Lake about an hour's drive south of Springfield—is a make-believe community of 1880s vintage visited by more than one million people every year. What draws them here is a unique combination of attractions: live entertainment, guided tours through Marvel Cave, a couple popular thrill rides like the Fire-in-the-Hole roller coaster, shopping at the Ozark Marketplace, and a full-time complement of 21 craftsmen who deck themselves out in appropriate Ozark costumes and demonstrate their skills around the grounds. Glassblowers, gunsmiths, woodcarvers, weavers, wagonmakers, potters millers, printers, these artisans ply their trade and sell their wares all summer long, from the last weekend in April through the last weekend in October. So you'll see craftsmen at work, and have a chance to buy their products, no matter when you come here.

But the best time of all to visit Silver Dollar City is during the annual National Festival of Craftsmen because then, in addition to all the usual attractions, you can enjoy the creations of about 100 *more* craftsmen who set up temporary shop in big tents for the occasion. Superb country musicians like Merle Croney and his family are on hand to liven things up at the fair, and it's a season when the mountains are usually at their most colorful, when the weather is comfortably warm but not hot, and when the fish are still biting in the many nearby lakes Another advantage is that, with school bac in session, the midsummer throngs hav thinned out quite a bit, restoring a pleasan laziness to the Ozarks. Silver Dollar City ha its own campground now, or you can choos from an abundance of various accommoda tions—cabins, motels, resorts on the wat —with which the Ozark area is blessed.

During the fair, Silver Dollar City is ope from nine to six (except Mondays and Tue days, when everything shuts down), and you only want to look when you get in, n ride the rides, tickets cost $3.75 for adult $2.25 for kids six through 11. A "comple passport," which lets you return a secon day free and ride all the rides as often you want, goes for $5.75 for grown-up $4.50 for children. Youngsters under s don't have to pay.

For more information, write to the Ozar Chamber of Commerce, Silver Dollar Cit Missouri 65616.

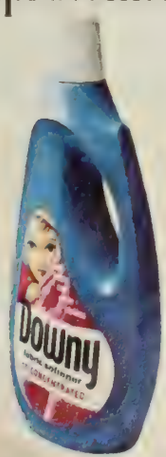
To repeat: This is just a sample of literal hundreds of arts and crafts fairs where m lions of American families will be enjoyi themselves this summer without spendi large sums of money. For the most up-t date list of those in states you plan to vi —constant changes make it dangerous rely on last year's schedule—your best b is to write to that state's Department Tourism (just send your inquiry to the Sta Capitol if you lack the full address) a coup months before you leave home. ■



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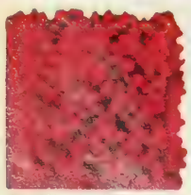
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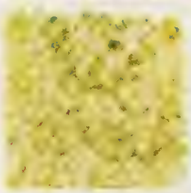
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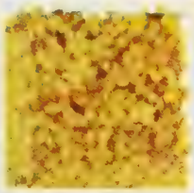
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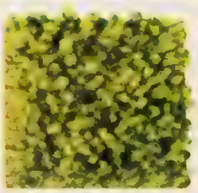
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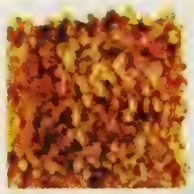


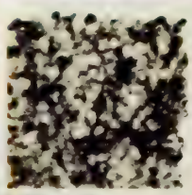

33. Fireball Red

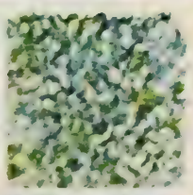

14. Silver Leaf


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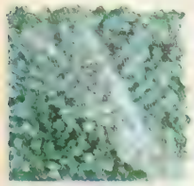

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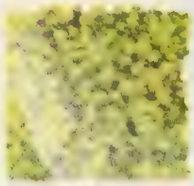

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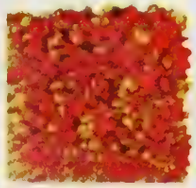

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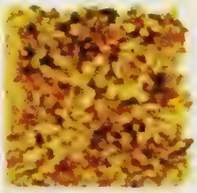

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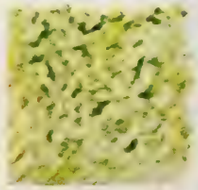

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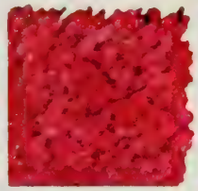

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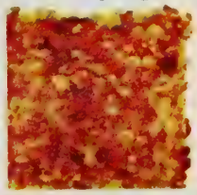

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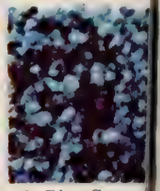

13. Sunglow

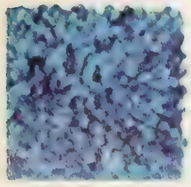

29. Solar Gold


31. Jade Crystal


3. Circus Red

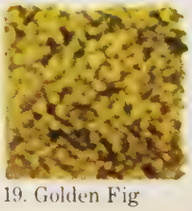

59. Zinnia Gold


37. Blue Stone

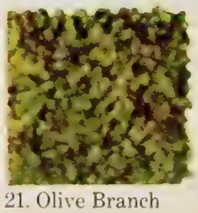

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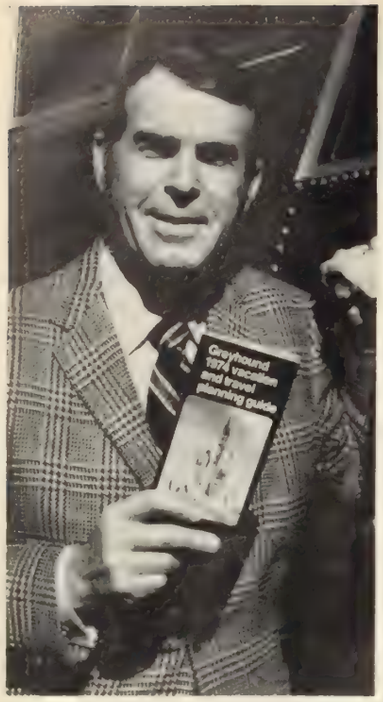
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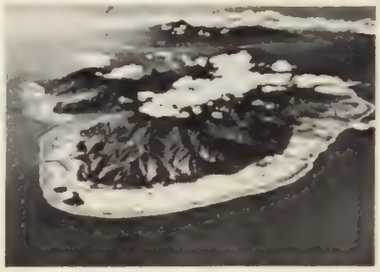
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TRAVEL WEST

Tony Swan, Western Travel Editor

An insider's guide to family vacations for readers who live in the Rocky Mountain territory or Far West



Shakespeare in the West

With the arrival of early summer's benign days and nights, productions of Shakespeare's works blossom in pleasant settings dotted through the western states. In California, Oregon, Utah, and Colorado, the bard's immortal iambs are renewed year after year in Shakespeare festivals that can be either the focal point for a vacation or a delightful side trip.

The idea of devoting a substantial chunk of vacation time to Shakespeare gets even better when you sit under the stars in the magnificent Elizabethan theater in Ashland, Oregon, and listen to other visitors recalling seasons of ten and 20 years ago. There are few attractions that command the loyalty accorded the annual Oregon Shakespearean Festival—and few that deserve it more.

Begun in 1935 as part of a local Fourth of July celebration, the festival has grown to be the leading industry of this quiet little Oregon town 15 miles north of the California border, just off I-5, in the Rogue Valley.

The Ashland festival is nor nally "pre-professional" or " tern" theater, since its compa is drawn largely from dra departments of colleges acr the country. But these terms an injustice to the compa whose 150 members repres the cream of 1,500 annual ap cants. With a sprinkling of s soned actors for some of the l roles, the productions of the C gon festival strike just the ri blend of youthful enthusiasm veteran competency; the pl sport a vitality that's freque missing in "name" compan

Ashland's Elizabethan the is history come to life. The fo story building, completed 1959, was planned from cont specifications for the Fort Theatre of 16th-century Lond built one year after Shakespea favorite, the Globe, and used a number of Shakespeare's p ductions. Next door is the up the-minute Angus Bowmer T ater, named for the festiv founder. You can see the in workings of both theaters in festival's Backstage Tour, a d trek through the behind-scenes labyrinth guided by m

bers of the company.

The festival's 1974 summer season will include *Hamlet, Twelfth Night,* and *Titus Andronicus* evenings in the Elizabethan theater and *Waiting for Godot, Two Gentlemen of Verona,* and *The Time of Your Life* afternoons in the Bowmer. Preview Week opens June 15th; the regular season is June 21 through September 15.

Tickets for plays in both theaters are scaled at $6, $4.50, $3; preview week $5, $4, $2.50.

The festival has played to about 95 percent of capacity the last couple of seasons—it's a good idea to order tickets as early as possible. For tickets and information on plays and local accommodations, write the Oregon Shakespearean Festival Association, Ashland, Oregon 97520.

Like Ashland, San Diego's Old Globe Theatre and San Diego National Shakespeare Festival grew out of a 1935 celebration—the California Pacific International Exposition. Also like Ashland, it has expanded to two theaters with the completion, in 1969, of the satellite Cassius Carter Center Stage.

The Old Globe company, however, is primarily professional, assembling excellent players and directors from top theater groups across the country, with student actors in some supporting roles. Besides the annual summer Shakespearean repertoire of three plays, the Old Globe offers contemporary drama in the Cassius Carter theater, plus a winter season of popular plays.

While the San Diego festival facilities can't compare with Ashland's magnificent theaters—the Old Globe, a stylized version of Shakespeare's Old Globe, is about one-third the size of Ashland's 1,200-seat Fortune, and the Cassius Carter is a tiny in-the-round construction of 245 seats—its productions are beautifully mounted, cleverly staged, and highly polished.

The setting—San Diego's beautiful Balboa Park—is a bonus, as is the city itself. Consequently, the festival has been playing to increasingly packed houses, running about 99 percent of capacity last summer.

The message is to order tickets early. The Globe's 1974 Shakespeare productions will be *Romeo & Juliet, Twelfth Night,* and *Henry IV,* part II, running from June 4 through September 15. Prices are $5.25 and $5.75 for matinees, $5.75 and $6.25 weekday and Sunday evenings, and $6.25 and $6.75 weekends. For details, write the Old Globe Theater, P.O. Box 2171, San Diego, California 92112.

Although southern Utah hardly needs any embellishments to make it a worthwhile vacation destination, Cedar City's Utah Shakespearean Festival lends a nice touch of civilized variety to that wild outdoor country. Held annually in an outdoor theater on the campus of Southern Utah State College, the festival is within 18 miles of Cedar Breaks National Monument, 64 miles of Bryce Canyon National Park, 130 miles of Lake Powell National Recreation Area, and 145 miles of Grand Canyon National Park.

The Utah Festival company is drawn from students and faculties of college drama departments, chiefly in the western states. This years repertoire con-

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TRAVEL WEST

San Francisco's new wine museum

Since 1967 the distinguished and well-traveled Christian Brothers Collection has been seen in 20 major art museums across the country. Now the collection has settled down at 633 Beach Street, near Fisherman's Wharf, as part of the new Wine Museum of San Francisco.

Opened earlier this year, the new museum is the first wine-in-the-arts institution in the western hemisphere. From the steel grape leaves of the sign just outside the museum's courtyard to the ceiling beams of the museum itself, inscribed with wine-related quotations, the collection is one that reflects man's artistic responses to wine through the ages. Exhibits include sculpture, artifacts, prints, drawings, rare books, and glassware.

The Christian Brothers Collection of drawings and prints, covering some five centuries of work, is by itself sufficient reason for a visit. Many of the names—Picasso, Chagall, Currier & Ives—will be familiar to you, and much of the work can be seen nowhere else.

However, the Christian Brothers Collection is by no means the whole show. The Franz W. Sichel Glass Collection spans almost 2,000 years and includes drinking vessels used in Roman times. Some 75 pieces of sculpture, executed in materials ranging from wood to silver and dating to the 15th century, are scattered about the museum, and two "picto-walls" combine 250 illustrations and 40,000 words into graphic detailings of the stories of wine and civilization and wine in California.

Although no public wine tastings will be held at the facility, the museum's plans call for periodic programs on entertaining and cooking with wine, as well as musicales.

Admission to the museum is free. Hours are 11-5 Tuesday through Saturday, noon-5 Sunday. The museum will be closed Mondays and holidays.

For information concerning upcoming special programs at the museum, call 415/673-6990 or write Wine Museum of San Francisco, 633 Beach Street, San Francisco, California 94109. ■

sists of three plays—*Hamlet, As You Like It,* and *Henry VIII*—presented in nightly rotation for a month, July 11-August 10.

Tickets are $2.50 adults, $1.50 under 18. Write the Utah Shakespearean Festival, Cedar City, Utah 84720.

The drama department of the University of Colorado in Boulder, produces many of the young actors who go on to Ashland and careers in theater. It's also the backbone of the Colorado Shakespeare Festival, set this year for July 26-August 11.

The Colorado festival features three plays in revolving nightly repertory, staged in a 900-seat outdoor amphitheater on the University campus. The 1974 offerings are *Macbeth, Midsummer Night's Dream,* and *Timon of Athens.* This year's festival also includes plans for a Shakespeare theme fair in connection with the plays.

Tickets for single performances are $2.50 and $3.50, season tickets $6 and $9.

For tickets and information contact the Colorado Shakespeare Festival, University Theatre, University of Colorado, Boulder, Colorado 80302.

San Francisco's Marin Shakespeare Festival, a summertime fixture for ten years in north-of-the-bay Marin County, will be a November-December diversion this year.

The company is a mixture of homegrown and professional talent. Plans call for two Shakespeare comedies for 1974.

For information, write the Marin Shakespeare Festival, 21 Ridge Avenue, San Rafael, California 94901.

Although not precisely a festival, the New Shakespeare Company's outdoor productions at California's Sugar Pine Point State Park, near Lake Tahoe, were very popular with park visitors during their 1973 inaugural.

The pine woods near the lake offer perfect settings for *Midsummer Night's Dream* and *As You Like It,* and park officials are looking forward to a return engagement this year, probably in the first three weeks of August.

Admission is $1.50 adults, 75 cents kids under 12. For details and schedule, contact the Department of Parks and Recreation, 1416 Ninth Street, Sacramento, California 95811.

Egg salad surprises

Here are two ways to turn that faithful standby, egg salad, into

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Come to Western Canada.



A big-city vacation trip for people who think all we have is a great outdoors.





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cents kids under 12. For details and schedule, contact the Department of Parks and Recreation, 1416 Ninth Street, Sacra-

Some people think the only way to vacation in Western Canada is with a fishing rod and a trailer.

But that's only part of the story.

Exciting new chapters are being written about the chain of booming, sophisticated cities that stretches across the western provinces from Vancouver Island to the tip of Lake Superior. They've all grown fast and (partly because of geography, partly because of people) they're all quite different from each other in style and character.

A tour of Canada's western cities offers almost as much variety and certainly as much fun as a multi-city tour of Europe. Come and see.









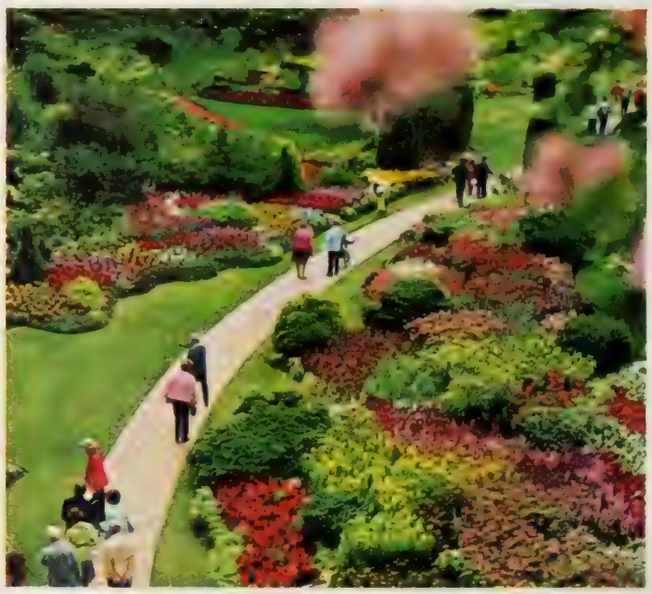
In some ways, Victoria is more English than England.

If you're planning a trip to Spokane for Expo 74, you won't be far from Seattle or Anacortes or Port Angeles. You can catch a ferry from any of those places to Victoria — and from many points of view it's much the best way to get there.

The leisurely cruise across the Juan de Fuca Strait, the courteous service and the splendid scenery might have been specially designed to put you in the right frame of mind.

The city's major buildings are grouped around the delightful little inner harbour. In the centre of the group (like a titled lady who demands the best table in a restaurant) is the Empress Hotel.

The Empress is a reminder of the days when British settlers did their determined best to reproduce a piece of England on whatever shores they colonized. It's a gracious social club as well as a fine hotel. One experience you shouldn't miss is afternoon tea, which is served with formal reverence between 3 and 5 pm every day.



Immediately south of the Empress is the impressive new Provincial Centennial Museum and then the Parliament Buildings. To the north, Government Street leads to the shops and boutiques around Bastion Square and Trounce Alley, where you can buy Scottish woollens and English bone china, Georgian silver and fine antiques.

If you're used to the bustle of other North American cities, then the leisurely pace of life in British Columbia's capital will be a refreshing surprise. Ask a Victorian the way from A to B and instead of giving you the shortest route he'll likely give you the prettiest — down a street of attractive gardens, past a row of interesting shop windows or through a park patterned with flowers. The red double-decker tour buses that rumble sedately along the Marine Drive or out to Butchart Gardens (where the floral displays are absolutely breathtaking) are liable to make unscheduled stops whenever the driver finds a view he particularly wants you to enjoy.



But perhaps what sums it up best of all is the Sunday afternoon cricket matches in Beacon Hill Park. The game is played at a casual pace, the occasional sprinkling of applause is polite rather than enthusiastic, and it's apparent (even to the uninitiated) that the style and form of individual players is far more im-

Egg salad surprises

Here are two ways to turn that faithful standby, egg salad, into

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Victoria is English double-decker buses, cricket at Beacon Hill Park and afternoon tea in the Empress Hotel.
It's rare Spode china and gabled roofs, Georgian silver and globed lamp-posts, and a delightful little street called Trounce Alley which comes right out of the pages of a Charles Dickens novel. And everywhere you look, there are flowers. In formal Butchart Gardens, in the streets and parks and around the manicured lawns of just about every home in the city

pressively across the horizon, and not many miles on the other side are the magnificent mountains and lakes of Strathcona Provincial Park.

The west side of the island is a little less accessible but no less rewarding. You'll find miles of golden beaches sandwiched between the rolling Pacific and a lush green carpet of forest.

The "Marine Highway" to Prince Rupert

At Kelsey Bay, you can board a luxury ferry (cabins and staterooms are available) for a day-and-night cruise through waters sheltered by the friendly off-shore islands. The round trip includes a one-day stopover in Prince Rupert—the fascinating commercial fishing centre of the Pacific Northwest—and it's worth taking just for the spectacular scenery.

Or you might prefer a shorter cruise on the Motor Vessel Uchuck III from Gold River around Nootka Island to Zeballos; or on the Motor Vessel Lady Rose, which delivers mail and cargo from Port Alberni to the tiny villages and settlements around Barkley Sound.

They're trips you'll never forget.

The ocean plays an enormously important part in the life of British Columbia. Not simply because it provides superb settings for golf courses and unlimited opportunities for fishing and sailing, but because it's used as a leisurely, uncrowded highway.
In fact if you want to travel north along the rugged BC coast, it's literally the only way to go. The ferry trip from Kelsey Bay to the magnificent harbour at Prince Rupert takes twenty hours – and shows you more breathtaking seascapes than many people see in a lifetime







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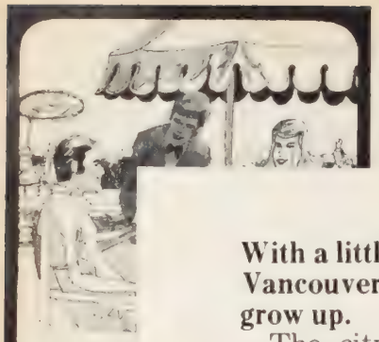
Victoria sits on the southern tip of Vancouver Island, which is roughly the same size as Switzerland and (in its own way) every bit as spectacular.

Along the eastern shore, north of Nanaimo there are inviting sand beaches, pleasant holiday towns and a thousand enchanting views. On one side of the road is the island-studded Strait of Georgia, with the Coastal Mountains of mainland British Columbia marching im-





Down to the sea in bathtubs. You may see some strange (and not especially seaworthy) craft preparing for the annual Bathtub Race from Nanaimo to Vancouver. For most of the competitors, finishing first isn't nearly as important as just finishing.





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cents kids under 12. For details and schedule, contact the Department of Parks and Recreation, 1416 Ninth Street, Sacra-

With a little luck, Vancouver will never grow up.

The city sits like a child with its feet paddling happily in the ocean and its back planted comfortably against the mountains.

Vancouver is the third-largest city in Canada and in many ways the most fun. Because (again like a child) it takes its play much more seriously than its work.

That, at least, is the impression you'll get when you count the thousands of cruisers and sailboats along the Sunshine Coast; when you drive through Stanley Park, the thousand-acre downtown playground that juts into the splendid harbour; and when you ride the skytram to the top of Grouse Mountain, to stroll the woods and pretty meadows, or maybe to dine 3700 feet above the glittering city in a restaurant that's as famous for its menu as it is for its superb, panoramic views.

One area you shouldn't miss is Gastown. It's the original heart of the city, named for "Gassy Jack" Deighton who ran the most popular hotel in town back in the 1860's. The heart beats as strongly as ever — because most of Gastown has recently been restored and many of the old buildings now house handicraft and antique shops, and boutiques featuring merchandise from many parts of the world.

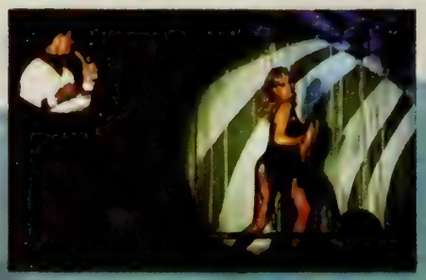
Right next door is Vancouver's Chinatown. It's the second-largest in North America, which means it's big, bright and busy enough to be called a city on its own. You'll see "hundred-year old duck eggs" and dried cuttle fish in the colourful food market; and in the stores, you'll find jade, ivory and bamboo carvings, gorgeous silks and brocades, ornate brassware and exqui-

Vancouver has the Pacific at its feet and the mountains at its back and both are a part of its life.
You can play golf and tennis or hike miles of quiet trails in downtown Stanley Park. You can swim in the warm waters of English Bay practically all summer long. And for thousands of Vancouverites, weekend sailing along the beautiful Sunshine Coast is as routine as driving to the office on Monday morning. You can't get much closer to the Good Life than that.













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Egg salad surprises

Here are two ways to turn that faithful standby, egg salad, into

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sitely carved Buddha statuettes.

But if Vancouver is exciting by day, then the only word for it after dark is fabulous.

The major nightclubs feature international entertainers—and there are cabarets and discothèques, cocktail lounges and coffee houses to match every mood from romantic to nostalgic. There's music most evenings at the elegant Queen Elizabeth Theatre and drama at the Playhouse. And there are more fine restaurants — in Gastown, Chinatown and every other part of town — than you could sample in a whole summer-ful of evenings.

The British Columbia interior will take your breath away.

If you want to take home an album full of unforgettable memories, then take your camera and explore the B.C. interior between Vancouver and the Rockies.

From the magnificent Fraser Canyon through Kamloops to Revelstoke, snuggled between the Selkirk and Monashee Mountains on the Columbia River, and from Glacier National Park with its immense icefields and 11,000-foot peaks through Yoho National Park to Banff, in the Province of Alberta, you'll find some of the most spectacular scenery the world has to offer.



Banff sits in the Rocky Mountains only eighty miles from Calgary, and it's an experience not to be missed. Stay long enough to take in the superb views from the tops of Mt. Norquay and Sulphur Mountain, to visit Lake Louise, a blue-green gem set five thousand feet above sea level, and to see the Banff School of Fine Arts, which boasts one of the most beautiful settings in the whole world.

The Icefields Parkway between Banff and Jasper may well be the most beautiful drive in the whole world. It switchbacks 178 miles along the spine of the Rocky Mountains, past glacier-fed streams and lakes and close to the spectacular Columbia Icefield

(Once upon a time, the Icefield reached right down to the Parkway. But it recedes at the rate of about 100-ft. a year, and now it is almost a mile back.)

They say that if you really want to understand the full dimensions of the Rockies, you should ride them on horseback, or strap a pack on your shoulders and follow the trails through whispering woods, along winding streams and in to the high alpine meadows.









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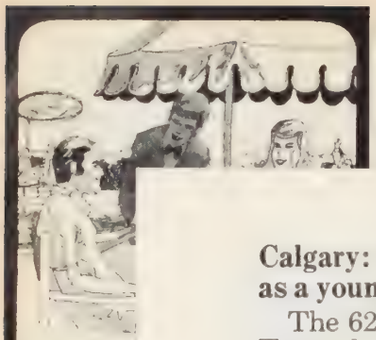
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Calgary: high-spirited as a young colt.

The 626-foot Calgary Tower looks down on a monument to John Palliser, who led a survey party across western Canada in 1857 and reported that much of the land was "desert or semi-desert . . . which can never be expected to become occupied by settlers." How wrong can you get!

The 200-seat restaurant on top of the Tower revolves through 360° every hour. They say that every time it turns, showing fantastic views of this bustling new city of 450,000 people, John Palliser turns over in his grave.

Like many other western cities, Calgary started as a Mounted Police post. In 1883, the railway arrived, bringing with it floods of homesteaders, and Calgary became the centre of a flourishing cattle industry.

The city grew fast. But not fast enough to forget the traditional hospitality of the past.

In downtown Calgary today, you can rub shoulders with a cattle baron in a six hundred dollar London-tailored suit or a ranch hand with trail dust powdering his jeans and find the same wide, welcoming grin on both their faces. In spite of the tall skyscrapers, the elegant restaurants and plush hotels, Calgary clings to the warm, neighbourly traditions of the old west.

It comes to a head at Stampede time, early every July.

The Stampede isn't just something you watch. Like the Running of the Bulls in Pamplona, like the Mardi Gras in New Orleans, it's something you become part of. The whole city is involved — with street dances, flapjack-and-bacon breakfasts, parades and firework displays. There's steer-wrestling, calf-roping and all the other traditional rodeo events — plus Chuckwagon Racing, which has to be the most hair-raising spectacle since the Romans gave up racing chariots. There's a giant midway on the Stampede Grounds, fabulous stage shows every evening and all kinds of displays and fascinating exhibits.

If you plan on visiting Calgary at Stam-









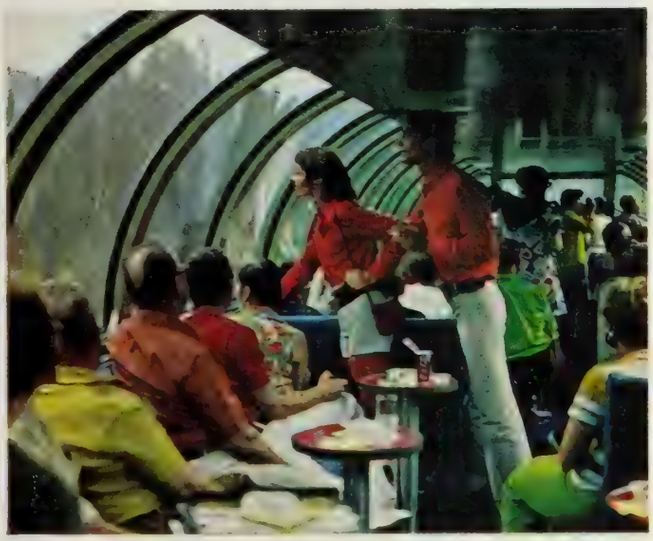


Back in 1912, four free-spending ranchers casually tossed a few thousand dollars apiece into a pot and started the Calgary Stampede. Today it's billed (with justifiable pride) as the greatest outdoor show on earth. That's the kind of city Calgary is. Friendly. Big-hearted. Easy-going.

Egg salad surprises

Here are two ways to turn that faithful standby, egg salad, into







It's an easy drive from Edmonton to the Rockies. But the closer you get to Jasper, which sits in the mountains like a picture-postcard alpine village, the harder it is to keep your eyes on the road. So let the railways do the driving while you drink in the spectacular views.



Calgary and Edmonton have a lot in common. A passion for sports (they're both great football towns) and a love of good food, good company and good times.

pede time, make reservations well in advance. Any other time, you'll find plenty of excellent hotel and motel accommodation — and no shortage of things to see and do.

Try the Horseman's Hall of Fame, the splendidly-equipped Centennial Planetarium and the authentic prairie settlement at Heritage Park. There's a price-less collection of paintings and artifacts at the Glenbow Art Gallery and Museum and there's music and drama practically every evening at the impressive Jubilee Auditorium or at Theatre Calgary.

But most of all, there are those friendly Calgary smiles, that wide, blue Calgary sky, and air so clear and clean that you can easily trace the snow-capped peaks of the Rocky Mountains sixty miles away to the west.

The summer days are 17 hours long in Edmonton.

Alberta's capital is far enough north to offer a bonus of extra hours of sunshine from mid-June onwards. If you plan to see everything the city has to show, you'll need every one of them.

Because Edmonton is surprisingly big, busy and cosmopolitan.

First-time visitors don't expect an exuberant, modern city of half-a-million people 350 miles north of the border. They don't expect soaring office towers and block-long department stores, deluxe hotels and candle-lit dining, exciting art galleries and flourishing theatres.

But they're all there, in Edmonton.

So, happily, are plenty of reminders that little more than a lifetime ago, this was an isolated trading post—a rough-hewn stockade and a few hundred pioneers.

You can still find old frame houses snuggled between elegant new high-rise apartment buildings. At the Fort Edmonton Historic Museum, you can see a complete recreation of the city's past. And for ten nostalgic, exciting days in July, you can help Edmonton turn the clock back to the 1890's.

The Klondike Days Exposition recalls the gold rush of '98, when thousands of men streamed through the city on their way to the richest strike in history. There are enormous Klondike breakfasts and street dancing that ties up traffic till noon. Turn-of-the-century store fronts appear like magic and the wide streets throng with colourful "Gay Nineties" costumes. There are parades and horse-drawn stage coaches, honky-tonk pianos and can-can girls. You can pan for gold in the Chilkoot Mine, cheer yourself hoarse at the Sourdough River Raft Race and try your luck at the gaming tables in the Silver Slipper Saloon.

There's a wide-open, fresh-air feeling about Edmonton that isn't hard to understand because this is Canada's northernmost major city —a glittering, bustling metropolis set in thousands of square miles of unspoiled country.

A half-hour drive away is Elk Island National Park, where one of the very few surviving herds of buffalo still roam.

West of the city, there are a hundred holiday lakes, dozens of glacial trout streams and forests containing the widest variety of big game on the continent. Further west is Jasper National Park, where the Rocky Mountain air is scented with

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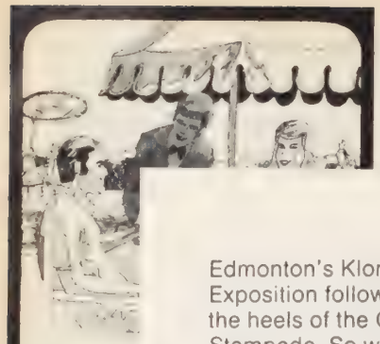
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Edmonton's Klondike Days Exposition follows hard on the heels of the Calgary Stampede. So with a little careful planning you can get to join in both. All it takes is stamina.

pine and cedar. In the mountain-ringed town of Jasper, you can arrange an adventurous raft trip on the fast-moving Athabasca River, ride magnificent trails to picturesque lakes and take in breathtaking mountain-top views.

It's a vacation paradise, and it's all within easy reach of both Edmonton and Calgary.

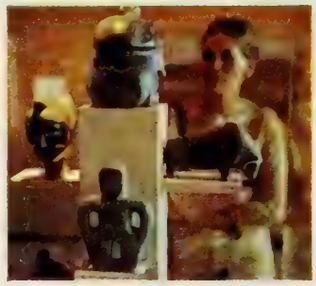
Saskatoon: city beautiful.

Saskatoon sits prettily on the South Saskatchewan River, an island of lush parkland in the middle of a sea of wheat. When you see the broad, tree-lined streets, the handsome buildings and the bridges arching gracefully over the water, you'll understand why it's called the loveliest city in Canada's midwest.

It was founded as a temperance colony in 1882. But if the teetotallers who settled there could see it today, they'd have a more-than-ordinary generation gap problem. Because the Saskatoon berry, which gave the town its name, has fermented into wine. The modern city swings. It bounces and bubbles. It's prosperous and self-confident.

A few years ago, for example, the people of Saskatoon built themselves a mountain. They wanted the 1971 Canada Winter Games, but there was no place to ski. Blackstrap Mountain won't embarrass anything in the Rockies, but it's a much more











Everything about Saskatoon, Saskatchewan (including its musical name) is beautiful: the setting, the university campus, the graceful bridges, treelined streets and lush parks. For outdoor adventurers, maybe the most beautiful thing of all is that the city has a big chunk of wilderness northland in its backyard. It's within easy reach of some of the greatest fishing lakes in northern Saskatchewan.

than adequate ski slope.

That's the kind of attitude that makes Saskatoon such a great place to visit.

If history interests you, visit nearby Batoche where a battle was fought to end the Northwest Rebellion in 1885. The trenches are still intact and in the rectory of St. Antoine de Padoue there's a display that tells the whole tragic story.

There's a fascinating collection of Eskimo sculpture in the Mendel Art Gallery. The Trad-

cents kids under 12. For details and schedule, contact the Department of Parks and Recreation, 1416 Ninth Street, Sacra-

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Egg salad surprises

Here are two ways to turn that faithful standby, egg salad, into

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The legendary Qu'Appelle Valley. There are four beautiful fishing lakes and two provincial parks clustered around the town of Fort Qu'Appelle. Visit the Pottery and Handicraft Centre there to see craftsmen shaping native clays into exquisite shapes and designs.









The most famous police force in the world made its name on Canada's western plains. The Mounties started as a force of only 300 scarlet-coated men — with a responsibility for keeping law and order in an area of more than 300,000 square miles. Today, they keep their scarlet coats for formal occasions. But they are a common sight in Regina (where you're invited to visit their training barracks and fascinating museum) and right across Alberta, where they're holding "Century Celebrations" all summer long.

It was an unlikely location for a city.

Today, the tall buildings of Regina finger their way into the sky. But you need only climb three or four storeys to see the curve of the earth, and to get a clear picture of the kind of country those early builders had to cope with.

There wasn't a rock or a river to influence the new city's development. So they dammed the tiny creek to form a lake and parkland area called Wascana (the Cree word for pile of bones) and around it grew one of the neatest, most orderly and most attractively landscaped cities in Canada.

Life in Regina still revolves around Wascana —just as the city's pioneer builders planned that it should. The 2000-acre parkland complex is an idyllic setting for the city's legislative building, its fine Museum of Natural History, its futuristic University campus, art gallery, wildfowl sanctuary and luxurious new Centre for the Arts.

ing Post is a great place for mukluks, moccasins, beadwork and all kinds of Indian and Eskimo crafts. And the Western Development Museum houses one of the finest collections of antique cars and pioneer farm machinery you'll find anywhere. They're all in working order — and every year, early in July, they're wheeled out of the Museum to parade at an annual wing-ding called the Saskachimo Festival.

It's a lot of fun if you can make it.

Regina. The city that grew from a pile of bones.

Less than a hundred years ago, there was nothing there but a few tents pitched on the banks of a meandering creek near a small mountain of buffalo bones.

The Mounties call it home.

The history of Canada's western frontier is remarkable for its lack of violence. And the reason isn't hard to find.

The North-West Mounted Police (now the Royal Canadian Mounted Police) were there before most of the settlers arrived.

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RESOR

cents kids under 12. For details and schedule, contact the Department of Parks and Recreation, 1416 Ninth Street, Sacra-

The force was raised in 1873, and nine years later Regina became its official headquarters.

The whole brave story is told in displays of equipment and weapons, uniforms and photographs at the RCMP Museum.

Getting arrested can be fun.

Regina is all white stetsons and wide smiles for the end-of-July Buffalo Days celebrations.

There are stage shows and parades, rodeo events and displays. The pancake breakfasts go on till mid-morning and they start cooking huge barbecue dinners halfway through the afternoon.

You'll see Indians in full ceremonial dress, scarlet-coated Mounties and just about every pretty girl in the midwest.

And if you're not wearing something western, there's a good chance you'll see the inside of the Buffalo Days mobile jailhouse!

When you've cheered till you're hoarse, danced till you ache and eaten till you're about ready to burst, you might feel like relaxing in Qu'Appelle Valley just 50 miles north and east of the city. A 200-mile necklace of lakes strung out along a lazy, twisting river, it's been called "the longest sunken garden in the world".

Thousands of early settlers trudged across the prairies without ever seeing it. But how it must have delighted those who did!

Winnipeg is like a mini United Nations.

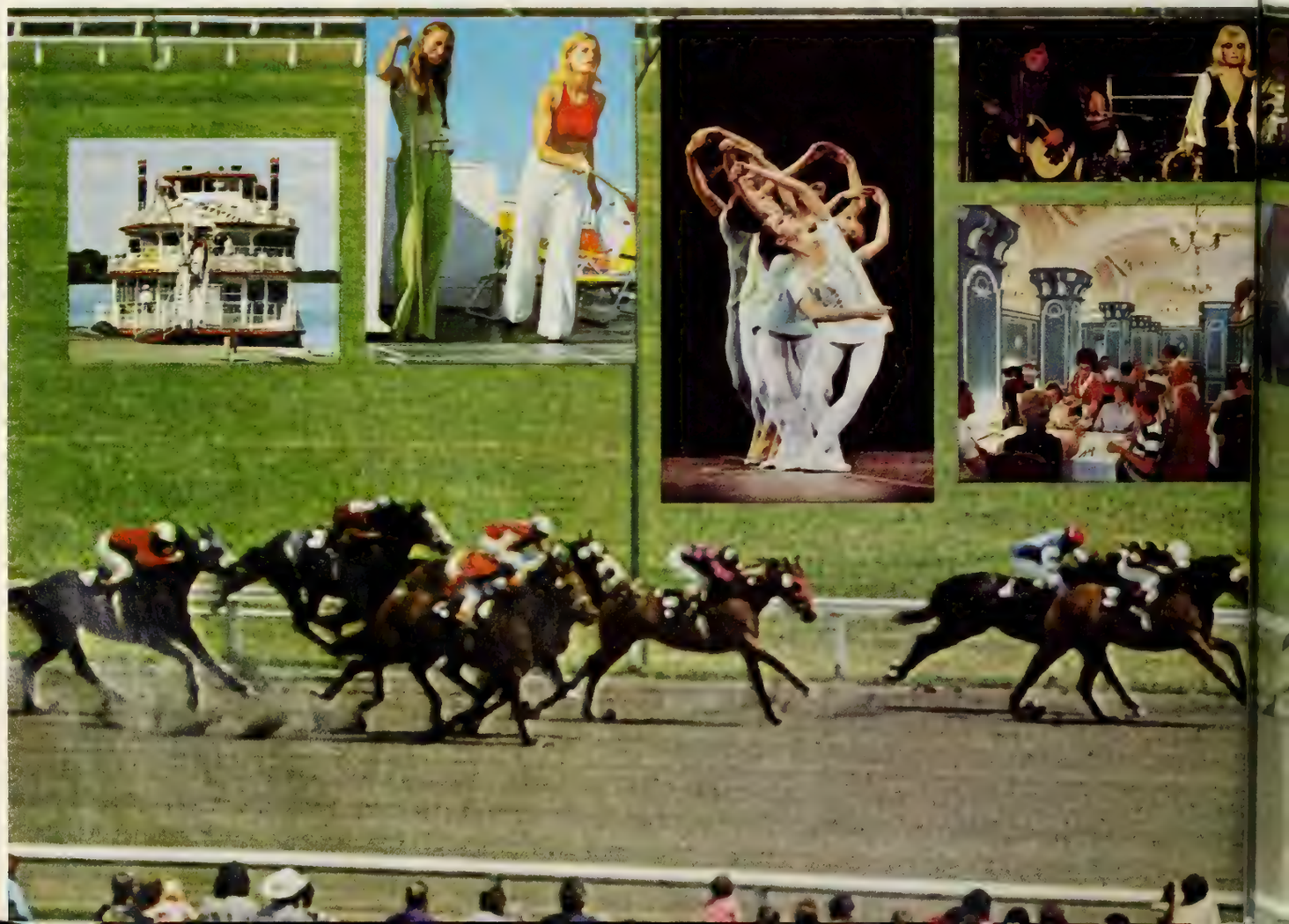
The Scots and English immigrants who came to Manitoba after 1870 settled mostly along the west bank of the Red River, the French settled on the east, and two cities grew.

West of the Red River is Winnipeg. A polished, sophisticated city with a first-rate symphony orchestra, an internationally-acclaimed ballet and a flourishing theatre company. There are superb restaurants with menus as long as your arm, fine hotels, nightclubs and discotheques, museums, art galleries, a spectacular planetarium and more great stores than anyone's wife could cover in a week of walking.

East of the river is St. Boniface, the largest French-speaking community in Canada outside of Quebec. Stop for coffee in the friendly cafés, browse through the stores and practice your French every chance you get. You'll find that French-Canadian *joie de vivre* is very much alive and well in western Canada.

In north Winnipeg, you can hear Ukrainian spoken and you'll find restaurants offering delicacies like *holubci* and *perohi*. Not far away, the town of Dauphin hosts an annual Ukrainian Festival of songs and dances, fancy eating and plain good fun which attracts visitors from all over North America every August.

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Egg salad surprises

Here are two ways to turn that faithful standby, egg salad, into

NOW!

ence is evident in many Winnipeg restaurants and night spots, and at the annual Mardi Gras and Oktoberfest, brass bands and Bavarian bratwurst are the order of the day.

At Gimli (just an hour away from the city) you'll find the largest Icelandic community outside Iceland itself. The first settlers arrived in 1875 and their culture and language are still very much alive in the stores and restaurants and at the 3-day Icelandic Festival which is held there early every August.

There's a colourful, bustling Chinatown in the heart of Winnipeg, a Mennonite community at nearby Steinbach and another at Altona. And every year there's a week-long Folklorama celebration with no less than fifty different ethnic groups displaying traditional crafts and entertaining with songs and dances in more than 30 pavilions scattered across this surprisingly cosmopolitan city.









Walk through the Ukrainian section of town, through the German area and then into Chinatown. Cross the river to French Canadian St. Boniface. Visit the Icelandic community at Gimli, the Mennonites at Steinbach and Altona. Discover a fascinating mosaic of languages and cultures.

Get out to the race track at Assiniboine Downs, into the theatres, the nightclubs and the great restaurants (maybe to sample a local fish delicacy called Winnipeg Goldeye) and you'll find that Winnipeg's friendly western manner has a strong overlay of urban sophistication.

The inland sea.

Lake Winnipeg sprawls 50 miles north of the city like a giant backyard pool—and the splendid white sand beaches at Grand Beach Provincial Park are where most Winnipeggers go to enjoy it.

The lake is huge. In fact the 5-day 260-mile boat cruise from Selkirk to the northern end of the lake actually takes you out of sight of land. It's a comfortable, very civilized way to see something of Manitoba's northern wilderness.

Last stop Thunder Bay

Would you believe an international seaport almost 2000 miles from the ocean? That's Thunder Bay, Ontario. Canada's third-largest port and the western terminus of the St. Lawrence Seaway.

You'll see ships from halfway around the world there, and hear the sound of a dozen foreign languages.

Thunder Bay is one of Canada's newest cities, formed in 1969 when Fort William and Port Arthur were joined. But it's loaded with history — all the way back to 1678 when Daniel Greysolon, Sieur du Lhut (whose misspelled name was given to Duluth) established a trading post there.

The early voyageurs began their homeward journeys to Montreal from Fort William, their canoes heavy with pelts. And it was from here that the explorer La Vérendrye paddled and portaged his way west to Lake Winnipeg, to build Fort Rouge where the city of Winnipeg stands today.

So in a sense, Thunder Bay is more than just an end to this particular vacation trip. It was a beginning for Western Canada.

Advertisement.



The sign at the border says Welcome!

If you're a U.S. citizen or permanent resident, you don't need a passport to come to Canada. Or a visa.

But to avoid possible delays, bring something to establish your identity. If you're a native-born U.S. citizen, for example, bring your birth, baptismal or voter's certificate. If you're a naturalized citizen, bring your naturalization certificate. And if you're an alien resident, bring your Alien Registration Receipt Card (U.S. Form 1-151).

Anything to declare?

Generally speaking, you can bring anything you need for personal use. But you can't bring things to sell.

You can bring 50 cigars, 200 cigarettes, 2 lbs. of tobacco and 40 ozs. of alcoholic beverages (or 24 pints of beer, but not both) without paying duty.

If you want to, you can bring a 2-day food supply for everyone in your family.

If you're driving a car, you can bring a full tank of gas; and the same for an outboard motor.

You can bring fishing tackle, boats, camping and sports equipment, radios, portable TV sets, musical instruments, typewriters, electrical appliances and cameras. But if you do check in with things like that, you'll be expected to have them with you when you check out again.

Same goes for guns. You can bring hunting rifles and shotguns (together with 200 rounds of ammunition). But if you do, you'll have to provide the Customs Officer with written descriptions and serial numbers. Pistols, revolvers and fully automatic weapons are strictly forbidden.

Hunting and fishing regulations.

They vary from province to province. Best way to find out about hunting licences is to write the Provincial offices at the addresses below. You can buy fishing licences from most sporting goods stores and outfitters and at any of the national and provincial parks.

Coming by car?

Bring your Motor Vehicle Registration form. If you're driving a rented car, bring a copy of the rental agreement.

Ask your insurance agent for a Canadian Non-Resident Inter-Provincial Motor Vehicle Liability Insurance Card. That's a long name for a little card which indicates that you have the minimum coverage necessary for driving in Canada.

Bringing pets?

Your dog will need a rabies vaccination certificate that's less than 12 months old. Make sure it carries an accurate description, is properly dated and signed by a licenced veterinarian. There's no problem at all with cats.

Our money versus your money.

The rate of exchange fluctuates a bit from day to day. To be sure you get your money's worth of our money, we urge you to change your dollars at a bank rather than at a store. Incidentally—most of your credit cards are just as good in Canada as they are in the U.S. If in doubt, check with your credit card company.

Summer starts in May.

You can expect temperatures in the mid-70's through July and August. But there's plenty of sunshine as early as May and as late as September. The further north you travel, the cooler the evenings are likely to be—so pack a couple of sweaters along with your swim suits.

What else can we do to persuade you to come?

If you want more information about any of the places and events mentioned in this booklet, please write to the Provincial Travel Bureaux at the addresses below. They'll be happy to send you maps, lists of hotels and motels, details of lodges, camps and the several float plane services that cover the far north. They want to do everything they can to make you feel welcome.

Department of Travel Industry,
Dept. D,
Parliament Buildings,
Victoria, British Columbia
V8V 1X4, Canada.

Travel Alberta,
Government of the Province of Alberta,
Dept. A,
10255 - 104th Street,
Edmonton, Alberta
T5J 1B1, Canada.

Tourism Development Branch,
Dept. D,
Department of Industry and Commerce,
S.P.C. Building,
Regina, Saskatchewan
S4P 2Y9, Canada.

Tourist Branch,
Department of Tourism, Recreation and Cultural Affairs,
Dept. D,
8th Floor Mall Centre,
491 Portage Avenue,
Winnipeg, Manitoba
R3B 2E4, Canada.

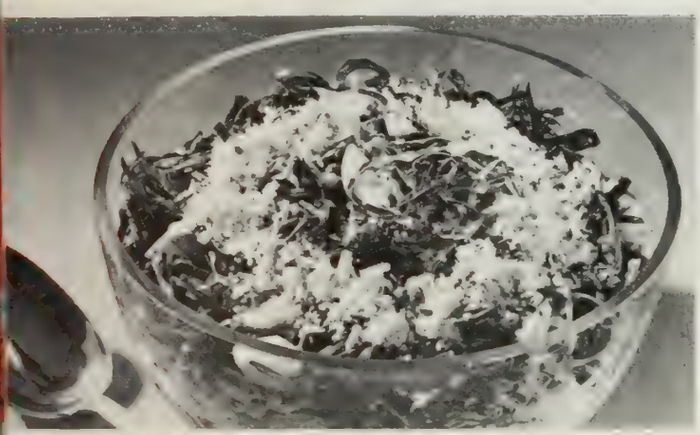
Due to the energy situation, we suggest that you make early inquiries about travel from your area, through your travel agent or automobile club. In this way, you may avoid any delay or disappointment with your travel plans.

Canada

CANADIAN GOVERNMENT OFFICE OF TOURISM
OTTAWA, CANADA

Egg salad surprises

Here are two ways to turn that faithful standby, egg salad, into something sensational. One trick is to combine it with another deli favorite, coleslaw. Result: Super salad. Or add pizzazz to an egg salad sandwich with pizza flavors.



CREAMY EGG COLESLAW

Yolked egg yolk makes a perfect accent for the red cabbage—

hard-cooked eggs
cups finely shredded red cabbage
tablespoons finely chopped onion
tablespoons sweet pickle relish
½ cup mayonnaise or salad dressing
2 teaspoons prepared mustard
½ teaspoon salt
Dash pepper
Paprika

Reserve two of the egg yolks; set aside. Chop remaining hard-cooked eggs into medium-sized pieces. Combine chopped egg, shredded cabbage, onion, and pickle relish. Mix together mayonnaise or salad dressing, mustard, salt, and pepper. Toss dressing mixture with coleslaw mixture. Turn into serving bowl. Sieve the remaining hard-cooked egg yolks; arrange atop salad. Sprinkle with paprika. Makes 4 servings.



Photographs: Dieter

EGG SALAD SANDWICH PIZZAS

A meatless sandwich makes a great lunch—

hard-cooked eggs, chopped
cup (2 ounces) shredded mozzarella cheese
of 6-ounce can (⅓ cup) tomato paste
cup mayonnaise or salad dressing
tablespoons finely chopped onion
¼ teaspoon salt
¼ teaspoon dried basil, crushed
¼ teaspoon dried oregano, crushed
Dash garlic powder
Dash pepper
3 English muffins, split and toasted
Hard-cooked egg slices

In medium bowl, mix together the chopped egg, cheese, tomato paste, mayonnaise, onion, salt, basil, oregano, garlic powder, and pepper. Toss gently. Spread mixture on muffin halves, covering edges. Broil 5 to 6 inches from heat till mixture is heated through, about 5 minutes. Top with egg slices. Makes 6 servings.

NOW!
Your Personal Guides on Vacation for as little as $5.95

Have you ever wondered what you'll really see and do on vacation? Have you ever wondered if you'll enjoy it as much as you hoped you would? Have you ever wished you could remember your vacation better—what you did, what you saw? Have you ever wanted to share the pleasures of your vacation with others? *Now* you can, with Auto Tape Tours.

Each tape gives you a complete, guided tour of the place where you vacation. Easy-to-follow "turn-on" and "turn-off" instructions are clearly given by the guide. The commentary on the tape includes complete, detailed facts on the history and special features of each area. In addition, exciting accurate sound effects let you "relive" each story.

Here's how it works:

1. Select the cassette tape for the area where you'll be vacationing (tapes fit any standard cassette player but not a cartridge player).
2. You can preview what you'll see so that you can best decide how you want to plan your vacation.
3. Take the tape and your cassette player along with you. When you get to your destination, simply turn on the tape and let it guide you from point-to-point on your trip. You travel at your own pace and learn everything about the places you visit.
4. When you get home and develop the photos you've taken, you can play the tape while looking at your pictures or slides. It's the best way possible to remember all the fun of your trip!

You can't find a more convenient and enjoyable way to plan and take your vacation. And it costs so little for so much expert information. Order the tapes you want today and make the most of your hard-earned vacation!

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Send order and remittance to:
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P.O. Box 374, Des Moines, Iowa 50336

Please include payment for postage and handling:
$.50 for one tape; $1.00 for 2 to 5 tapes; $1.50 for 6 or more

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OUR GUARANTEE: Money back if not completely satisfied



tect inquisitive children.

Gun accidents—not murders or suicides—killed 1200 people in homes last year. That's more than the total accidental deaths involving guns in all other locations combined—woods, fields, practice ranges, etc.

How can you prevent a tragedy from happening at your house? Think safety in everything you do, and make your environment as safe as possible. Also, teach your children the importance of safety in the home.

Start by considering traffic patterns in your house. Is there an obvious traffic pattern or must family members walk around a chair? If so, move it out of the traffic path.

Tack down loose carpet and anchor throw rugs with slip-proof backing. Make sure stairways are well lighted with a switch at both the top and bottom. If needed, add a banister or a sturdy handrail two or three inches from the wall. If you have items stored in high areas, buy a step stool or stepladder for reaching those cabinets.

To prevent fires, keep combustibles such as curtains the proper distance from heaters and ranges. Portable heaters should be placed away from towel racks, bed clothing and curtains. Screen the fireplace to prevent sparks from flying into the room. Check to be sure all appliances have UL approval. Also make sure wiring is adequate to carry the electrical load requirements.

Special storage space should be provided for guns and potential poisons to prevent accidental deaths. A gun rack should have a lock on it so that inquisitive children and adults not trained to use guns cannot get to them. Medicine cabinets should have a special section which can be locked. Household cleaners should be stored out of the reach of children.

Your home will be safer if safe habits are developed. A safe floor plan will not prevent falls if objects that can trip people are left around the house, or if spills are not cleaned up immediately, or if the banister is not used.

Buying safe equipment will not prevent fires if frayed cords are not replaced, or if cords are wound around appliances, or if extension cords are run under carpets, through doors and over nails. Careless practices such as smoking in bed, letting papers accumulate, confining oily rags to a small space, quickening a fire with kerosene—all of these can cause a fire. ■

Is your home safe?

To find out, take a 20-minute tour of your house. This trip *is* necessary.

In 1970, 26,500 persons were killed in home accidents, according to the National Safety Council.

Falls are the biggest killers. In 1970, 9600 persons of all ages died from home falls. Most fatal falls in the home occur when individuals are walking on the same level, not climbing up or down stairs. Check your house for booby traps. Are there any objects left around for people to trip over? Is furniture inconveniently placed or moved from its customary spot? Are there worn or unanchored carpets or rugs? Many falls are caused by improperly waxed floors and spilled food or liquid. Dark and obstructed passageways invite accidents, too. Do members of your family have a tendency to hurry? Speed increases their chance of falling.

In 1970, fire killed 5600 people. This is the second major cause of accidental death in the home. Most fires start in the living room, kitchen and bedroom. Carelessness is the cause of most home fires. For example, grease is allowed to build up on the range; old papers, boxes and rags pile up; cleaning fluids, kerosene, gasoline and paint thinners are left near a source of heat or someone falls asleep while smoking.

Some of the 5600 fire victims last year died of burns, some from panic, but most from smoke and gas. Because smoke and gas are carried upward in the heat draft, three-fourths of all fire victims die upstairs from fires that are downstairs.

Another major threat to home safety is accidental poisoning. It accounted for 2500 deaths in 1970. If your house is average, it contains about 40 household products and medicines that could cause poisoning if misused. Improper containers are frequently the cause of trouble. Using soft drink bottles to store cleaning fluids, paint thinners, etc., can cause fatal mistakes about the contents.

Don't assume your medicine cabinet is out of your child's reach. Children have an amazing ability to climb to high places. Keep the cabinet locked to pro-



ney-saving at storage

IS MONEY—
E IT RIGHT

meat takes an increasing-bite out of your family's budget, it makes sense to t your investment. The to guard against is spoil-nd your best defense is storage.

ıg meat and poultry home y from the store. Pre-ged meat from a self-ser-eat counter may be stored Meat wrapped in butcher should be re-wrapped in waxed paper. Refrig-mmediately in the coldest your refrigerator. (Check mperature of your meat periodically. It should be n 35 and 40 degrees F.)

ore you go shopping, check orage times given below. sure you don't buy more han you can use within ptimum storage period. t is stored longer, it could ality, or spoil.

AT STORAGE PERIOD

	Refrigerator 35° to 40° F. DAYS
MEATS	
f and Lamb)	3 to 5
k and Veal)	3 to 5
(Beef)	3 to 5
ıb and Pork)	3 to 5
l and Meats	1 to 2
Meats	1 to 2
(Pork)	1 to 2
SSED MEATS	
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ırters	7
Whole)	7
Half)	3 to 5
lices)	3
on Meats	3 to 5
(Smoked)	7
and Semi-dry)	14 to 21
D MEATS	
Meats and Dishes	1 to 2
nd Broth	1 to 2
POULTRY	
ı and ey (Whole)	1 to 2
ı and ey (Pieces)	1 to 2
ıd e (Whole)	1 to 2
	1 to 2
D POULTRY	
ered with Broth)	1 to 2
out Broth)	1 to 2
Poultry s	1 to 2
hicken	1 to 2

We do more than help keep your diet in balance.

We help keep your world in balance, too.

Every Shaklee food supplement we bring to your home begins with one idea—cooperate with nature. For two generations this has helped us create quality products that are helpful to your family, and are in harmony with your environment. Products like delicious Instant Protein, the nutritious and complete protein drink. And NPS, the new totally natural protein supplement that enhances your favorite recipes and foods.

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Structo has a fun, quick, and delicious new way for you to cook outdoors. Now you can choose from four new cast aluminum rectangular gas grills. Our post, pedestal, portable and table top models all feature the advantage of quick action starts, everytime. Just turn them on and in seconds enjoy your outdoor cooking fun. Structo gas grills have built-in advantages like the rectangular shape for more cooking surface, durable, rust-proof cast aluminum for summer after summer of use, lever smooth action hinged tops, and many more features. Look for Structo rectangular gas grills, as well as charcoal and electric grills, wherever you find the best outdoor cooking equipment.

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The grills more people grill on.



Make your own mailbox

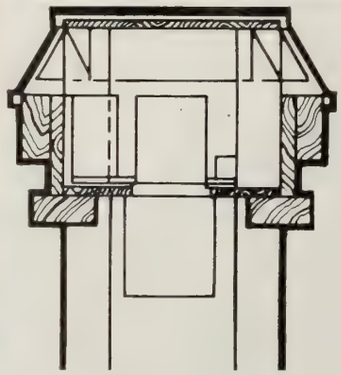
Photograph: Bourdon. Designer: Evans-Monical, Inc. Source: Helen Greer



Secure this 9x19-inch mailbox by cleats to a 4x4 post, set two feet deep. Rout ¼-inch-deep grooves spaced one-half inch apart in the sides. Or nail on half-inch strips for similar effect. Bend 19x28½-inch copper sheet over 16½x27-inch roof. A light chain holds hinged door.

Photograph: de Gennaro. Designer: Walter Hanson, A.I.A. Source: Helen Heltkamp





Use 3x3-inch redwood posts rout one for wire to lamp Two feet from the soil, use 2x4s—two one way, two the other. For the light cap mount 1x6s on 2x4s. Nai 2x4s along top to support a half-inch sloped roof, covered with copper. A plywood base nailed to 2x4s provides support for the lamp. Make mailbox 18½x7½x6½.

001 Kitchens. And, they're all Fancy Free®.

e first cushioned vinyl floor with wallcoverings and fabrics that mix, match, and coordinate!



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Bravissimo

Floor design copyrighted by Armstrong

Here are five. See them all at one store, your nearest

The floor, Armstrong Fancy Free. Truly easy-to-care-for Vinyl Corlon®, with a thick foam back for underfoot comfort and quiet. In five bold designs. Fifteen fabulous colorings. And you can mix, match, and coordinate it with matching prints, coordinated stripes, and stunning solids in washable vinyl wallcoverings and DuPont Ze pel® protected 100% cotton fabric . . . for draperies, slipcovers, and whatever strikes your fancy. There's no guesswork in creating your own preferred look from the thousand and one design possibilities. Floors, wallcoverings, and fabrics have all been coordinated by Armstrong interior designers! Best of all, the complete showing of Fancy Free, along with the IndoorWorld™ Collection of wallcoverings and fabrics, **is available at one convenient store . . . your nearest Armstrong Floor Fashion Center™.**

Armstrong floor fashion center

With selection, decorating counsel, professional installation, convenient payment plans, written guarantees: these are just some of the reasons why you should buy your next floor from an Armstrong Floor Fashion Center.®

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LINOLEUM SALES COMPANY
1706 San Pablo Avenue

CAMPBELL
THE ROYAL FLOOR COVERING COMPANY
1070 Dell

FAIRFIELD
JONES BROTHERS
1730 N. Texas

FREMONT
FLOOR CITY
37537 Glenmoor Drive

HAYWARD
FASHION CARPETS & LINOLEUM
21222 Mission Boulevard

LAFAYETTE
BLODGETT'S LINOLEUM, INC.
3291 Mt. Diablo Court

MARTINEZ
FRONTIER FLOORS & INTERIORS
621 Las Juntas

MONTEREY
MILLER RUG MASTERS
571 East Franklin

OAKLAND
ACME LINOLEUM
4778 E. 14th Street
ANDERSON CARPET & LINOLEUM
4101 Broadway

OAKLAND (cont.)
ANDREWS LINOLEUM COMPANY
10323 MacArthur Boulevard
DAWSON & WALLACE FLOOR COVERING
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415 E. Tenth Street

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STUART FLOOR COMPANY, INC.
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435 DuBois
RAFAEL FLOOR COVERING
122 Jacoby Street

WALNUT CREEK
THOMPSON FLOOR COMPANY
1525 Locust Street

Concerned about heart attack?

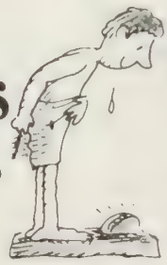
If you will get your husband to quit smoking...



exercise regularly...



watch his weight...



and have regular checkups...



Saffola will help lower his cholesterol.



Following the doctor's orders isn't always easy. So when he recommends a low saturated fat diet, it's nice to get some help.

Unlike the high-priced spread, Saffola (and, in fact, most margarines) contains no cholesterol.

But that's only the beginning. Saffola Margarine is made from safflower oil—lower in saturated fats, higher in poly unsaturates than corn oil. In conjunction with a low saturated fat diet, Saffola actually helps reduce the level of blood cholesterol.

It's reassuring to know that if your doctor recommends cutting down on saturated fats, you don't have to cut down on flavor.

Saffola tastes so much like the high-priced spread, chances are your family won't even notice the difference.

Saffola Margarine



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No-color decorating

If you favor the subtle shades, why not scheme an entire room around them? Then spark the muted background with a variety of textures, finishes, and patterns as shown here.



Gray flannel covers the sofa wall of this living room and reappears as draperies at the window. Against this soft-spoken background, an outspoken black and white plaid wool covers the sofa. For sheen and shine—chrome-based coffee table, étagère, and lamp bases. Even the oversize painting is cued to the black, white, and gray color scheme.

Photographs: Heinrich-Blessing Designer: Famous-Barr, Northwest North Source: Lois Rea



An awkward jog in the wall opposite the sofa is played up instead of down. Covered with gray flannel and hung with a group of chrome-framed black and white prints, the architectural defect blossoms into a smart focal point. Metal trunk anchors the arrangement. Room's seating capacity is boosted with a pair of swivel chairs in wet-look vinyl.



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AMERICAN STANDARD

Special occasion punches

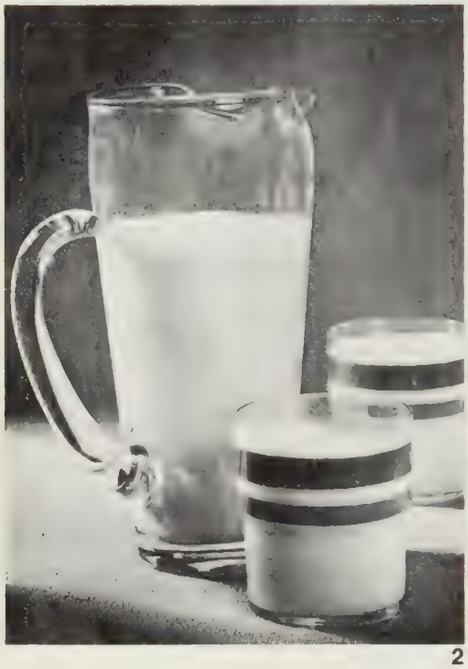
Party time means punch time when you've invited a large crowd. If you're looking for a beverage to make a special occasion more so, consider these tangy, tasty suggestions:

- Pick the punch to please your crowd. Children invariably love the deep purple color in our *Grape Fizz* along with its good grapy flavor. Serve children-sized cupcakes decorated with animal crackers and your menu problems are over.
- Next time the teen-age crowd gathers at your house, introduce them to *Health-time Punch.* The ingredients are wholesome and help the kids keep up the energy-level their nonstop schedules demand.
- Place a bowl of colorful punch on your serving table, and you don't need a centerpiece. The delicate pink color of *Rhubarb-lemonade Punch* will brighten up your party fare.
- Pamper your friends with the classic libation for celebrations—champagne. Our *Champagne Cheer* rises to any occasion. There are enough bubbles in this orange-colored sparkler to keep the party atmosphere light and bright all evening.



Photographs: Dieter

1



2



3



4

GRAPE FIZZ (1)

1 46-ounce can (about 6 cups) grape drink, chilled
1 3-ounce envelope imitation lemonade mix
1 16-ounce bottle (2 cups) lemon-lime carbonated beverage, chilled
5 thin lemon slices

In large, chilled punch bowl, thoroughly combine chilled grape drink and lemonade mix. Resting bottle on rim of bowl, carefully pour chilled lemon-lime carbonated beverage slowly down side of punch bowl, stirring liquids gently to mix. If desired, float lemon slices atop as garnish. Serve the chilled grape punch immediately. Makes 8 cups.

HEALTH-TIME PUNCH (2)

6 ice cubes, coarsely cracked
½ cup nonfat dry milk powder
½ teaspoon ground cinnamon
3 cups apple juice, chilled
2 tablespoons honey
Several drops yellow food coloring

In blender container, combine half of the ice cubes, half the milk powder, cinnamon, apple juice, honey, and food coloring. Cover and blend till smooth. Repeat with remaining half of the ingredients. Pour into glasses. Makes 4 cups.

RHUBARB-LEMONADE PUNCH (3)

3 cups fresh or frozen unsweetened rhubarb
¾ cup sugar
1 6-ounce can (⅔ cup) frozen pink lemonade concentrate
3 cups water
1 16-ounce bottle (2 cups) lemon-lime carbonated beverage, chilled

In saucepan, combine rhubarb, sugar, lemonade concentrate, and water. Cover and cook about 10 minutes or till rhubarb is very soft. Strain to remove pulp; chill the syrup. Just before serving, pour rhubarb syrup over ice cubes in punch bowl. Carefully pour in carbonated beverage. Makes 6 cups.

CHAMPAGNE CHEER (4)

1 cup lemon juice
1 cup orange juice
1 cup sugar
1 cup rum
1 tablespoon bitters
1 4/5-quart bottle (about 3 cups) champagne, chilled
Frozen orange wedges

Combine lemon and orange juices; stir in sugar till dissolved. Add rum and bitters. Chill well. Just before serving, rest champagne bottle on rim of bowl and carefully pour in champagne. Serve with frozen orange wedges. Makes 6 cups.

Paul Sullivan pulls out lava and pours a crystal glass.



The heat is unbearable. The giant furnace roars and hisses and spits. Inside, in big pots, molten glass bubbles like angry lava.

One of those batches is ready to make glass. Paul moves to the pot's mouth with a long metal gathering rod. He plunges it in, twisting it deliberately.

The glass gathers around the end, like hot taffy. When he has precisely the right amount, Paul turns to the mold that will shape a glass. He holds the gathering rod over an empty mold, letting the molten liquid pour in. Now, the presser snips off the stream, and another Madeira casual glass is on its way.

It is lead crystal, so it has a ringing sound when you tap it, and a pleasing brilliance. And it comes in 6 glowing colors.

Paul and the presser work together like one man. They know just what glass is and what it can become.

Machines could make far more glasses a day than Paul. But they wouldn't be Franciscan's Madeira. And you wouldn't be as proud of them. And neither would we.

The California Craftsmen since 1875.

FRANCISCAN

Interpace C... Park Ave., Long Beach, Calif. 90801 Los Angeles, Calif. ...

An older home finds room for fun

Like many traditional houses, this one sorely needed more space for entertaining and a growing family's activities. This new family room not only added living area, it also improved the traffic pattern between the rooms it connects. Many add-on rooms block natural light from existing rooms but here a skylight solves the problem.

Now the living room, den, and dining room open into the addition, facilitating movement between rooms. The living room opens into the informal conversation area. At the other end of the room, a round table provides the perfect spot for informal dining, card games, or the teen-ager's homework.

Large windows and the skylight keep the family room bright and airy. The skylight spills light into the rooms that open into the family room—and, as a bonus, all areas of the family room are well-lighted. Recessed spotlights light the room for nighttime activities.

By leaving a sliver of space between the end wall and the bookshelves, the architect has added interest to an otherwise dull wall of glass. A window fills the narrow space and lights the end wall. Cabinets in the opposite end wall protrude through the wall to the outside, for extra storage space.

The view of the plywood exterior shows that a contemporary addition can blend in well with a traditional house. Windows are recessed to protect the interior from the bright afternoon sun, and the recesses are painted white to reflect the sun's rays. The door, with its vertical mullion, reflects the styling of the windows.



Photographs: Bill Maris. Architect: Robert D. Dripps, III. Source: Charlotte T. McIlvain







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Reflective Thermopane® insulating units from LOF can give you a fresh new look at insulation.

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The right glass initially costs a little more than ordinary glass but it can pay dividends with energy savings in years to come.

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For our full-color brochure on Vari-Tran, *More Than Meets the Eye,* write Ralph Hayward, Libbey-Owens-Ford Company, 811 Madison Avenue, Toledo, Ohio 43695.

LOF

SEWING TAPE TIPS

Notion counters are brimming with tapes for all kinds of decorative and functional applications. If you know how to choose and use tapes, they can help you get more professional-looking results. When buying tape, make sure it has the same laundering qualities as your fabric. Always *preshrink* tape before sewing, unless it's all-polyester.

Seam tape

To finish any raw edge, such as a hem or seam allowance, purchase this straight-woven tape (also called binding). For hems, stitch tape to fabric edge, trim next to stitching, and turn up.

Since woven tape has no "stretch," do not use it on hems of knits, or you'll spoil the appearance of your garment. However, you can use the tape to stabilize shoulder and waistline areas of knit garments and other loosely woven or sheer fabrics by stitching a strip together with the garment.

In placket areas, baste a strip of tape to each seam line where you'll install the zipper. Stitch ½ inch from the fabric edge, then put in the zipper.

To reinforce the underarm seam of a raglan or kimono-style sleeve, baste seam, then center seam tape on seam line; stitch the three layers together, then clip seam allowance (not the tape), and press the seam open. Or, stitch, clip, and press open the curved seam as usual. Then center a strip of tape on the seam allowance and stitch through to right side, placing stitching ⅛ inch on each side of seam line.

When remodeling a garment or enlarging any opening (such as a zipper placket), stitch seam tape to the seam allowance. This should give you a minimum ⅝-inch allowance.

Iron-on seam tape

This tape requires no stitching —the heat of your iron bonds the tape to your fabric. You can use the tape on most *woven* fabric, but always pretest on a scrap. Since the tape's adhesive penetrates the fabric, tape may show through on very lightweight or sheer fabric. Do not use the tape on knits or wherever stretch and ease are desirable.

Bias seam tape

This resembles single-fold bias tape and can be used in the same manner as seam tape. It works especially well on curved edges.

Novelty-weave hem tape

Made of rayon in ⅝-inch widths, this tape has a special softness because of its unique weave. It has a slight give and stitching guidelines in the edges. You can use it on most fabrics as a hem tape and reinforcing stay for seams, pockets, darts, and fastener openings.

Lace seam tape/hem tape

For a more decorative seam or hem finish, try this nylon tape. It also can be sewn on the outside of garments and projects for the home. You can use the tape on curved and straight edges due to its slight stretch quality. For curved edges, press tape into desired curved shape, then apply tape to your garment with a zigzag stitch. The tape works well on all fabrics that fray easily. However, the slight stiffness in lace tape may be incompatible with some knit garments because it may show through.

Bias tape

Single-fold (½-inch) and double-fold (¼-inch) bias tape is now available in a polyester/cotton blend. Use it to *bind* fabric edges since it can handle curves as well as straight edges. It makes excellent seam finishes on unlined jackets, robes, and outdoor clothing. When applying the tape to long-pile fabrics with stiff backings, finish the edge with a bias tape binding so the pile will hang down to cover it. To apply, stitch bias tape ⅛ inch from fabric edge, fold tape around seam allowance, and stitch in the "ditch" next to the tape. Bias tape also works well in binding different edges together, such as a ruffled edge to a hemline. Wider tapes may be used as facings or casings for elastic or tunnel belts.

Bias hem facing

Use this two-inch-wide tape for a facing when you let down hems, and for small facings on fake furs. To eliminate bulky hems on pile fabrics, sew hem facing to the garment edge, and turn up the facing plus ¾ inch of the fabric. Holding the facing back with one hand, catch-stitch the fur edge to the garment inside to prevent rolling out, then hem the facing as you usually do.

Twill tape

This sturdy, all-purpose tape can make your clothes look better and last longer. It makes an excellent reinforcing strip in seams and darts of sportswear and work clothes, or under a row of buttons or buttonholes. Use it also as drawstrings on pajamas and chair cushions. The wider widths make strong fabric casings.

Grosgrain ribbon

Best known for its decorative uses, grosgrain ribbon also can do many practical jobs. Use it as a waistline stay after you've finished your garment to reduce strain on the seam, zipper, or button openings. When applying tape to a snugly fitted garment, hook the stay on first to make the zipper easier to operate—especially with stretchy fabrics.

If your pattern does not have a cutting guide for a waistline stay, use your waistline measurement plus one inch. Fold back ½ inch at each end, then sew on a hook and eye, extending the eye loop over the edge. Tack the ribbon to the waistline at seams and darts, placing it slightly off-center so the hook and eye is not directly behind the zipper. Leave two inches free at the ends.

With very lightweight or sheer fabrics, use matching ribbon as a belt or waistband backing when you want to avoid the stiffness of conventional belting.

Use one-inch ribbon as a metal zipper underlay to protect skin and lingerie. Cut ribbon one inch longer than the placket opening and finish one end. Place it behind the zipper, stitch to the left seam allowance near the ribbon edge, and hand-stitch at the bottom. Sew a small snap at corner to hold ribbon to zipper tape.

When you sew invisible zippers to pile fabrics, sew the ribbon to the right side of the fabric at the zipper opening, stitching at the very edge of the ribbon *on* the seam line. Trim off this seam allowance close to stitching, and ribbon will be in place. Insert zipper ¼ inch from seam line, sewing it directly on ribbon.

One-half-inch ribbon makes strong, comfortable lingerie strap holders for a dress with a widely scooped neckline or a sleeveless dress with deeply cut armholes. For each strap, start with a two-inch length, turning under each end ¼ inch to finish. Tack one end to seam allowance at shoulder, attaching a snap to other end and to the garment.

Cording and piping

Insert cording or piping into a waistline seam, and it will provide a finished edge in lieu of a belt. If you're using hem facing when lengthening a garment, insert contrasting cording at the same time for a finished look. You can use an ordinary presser foot with piping and some cording, you choose a zipper foot for thicker cording. Trim cording seam allowances to ⅛ inch.

Fold-over braid

Since this works as a bias binding, you can shape it easily to fit curves. You also can eliminate facings at front, sleeves, collar, and pockets when you attach the braid. On lightweight fabrics you may wish to retain some facing. Then sew the facing and garment wrong sides together in a ¾-inch seam. Trim, attach binding.

To update old sweaters and knit dresses, use braid to change jewel necklines to V-shapes or scoop necklines. Test-stitch materials to be sure you still have natural stretch of knit.

Blanket binding

Besides repairing blankets, there are decorative uses for this binding. For example, gather edges together and use as ruffles on lounge wear, bed flounces, and to lengthen children's clothing.

Nylon fastening tape

You'll find many uses for this tape, which peels apart to open and closes securely with a touch. It's excellent on children's clothing as a replacement for buttons, snaps, and zippers (easier for young hands to operate). It's also a boon for handicapped people when you install it in place of conventional openings. Use the tape to secure curtains, tiebacks, dust ruffles, and fabric panels for screens and shutters. You can hand-sew, machine-stitch, staple, glue, or tack the tape.

Snap tape/hook-and-eye tape

These work-saving tapes come with evenly spaced hooks and eyes, snaps, or gripper-type snaps already installed. A zipper foot is required for installation.

The gas grill that could replace your gas range.

Now you can cook out, roast out, smoke out, broil out, bake out, and chocolate cake out.



Here's an alternative to cooking in. Cook whole meals outdoors with Locke's Warm Morning Broilmaster II. It's a gas grill plus an oven. With two separate burners, two control knobs. Even an accessory smoker for southern-style slow smoking. Now anything you would have cooked in, you can cook out. It's so easy. No lighter fluids, no mess, no waiting. Gas reaches temperature fast so you're ready to cook in minutes. Use gas wisely. It's clean energy for today and tomorrow. See your Warm Morning dealer.

AGA American Gas Association



And here's our regular Broilmaster. It has redwood shelves, cool-touch handles, and enough cooking depth to rotisserie-broil a large turkey with the cover lowered. Portable model shown. Also available with set-in post or patio stand.

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Locke Stove Co., 114 W. 11th, Kansas City, Mo.

Flowers that surprise you!

It's fun to poke some bulbs in the ground and have flowers in a matter of weeks. You can do this with colchicum (autumn crocus) and lycoris (hardy amaryllis or *Lycoris squamigera*). But you will have to buy your bulbs soon—the selling season is rather a short one.

For best results, enrich the soil with compost, dug full spade depth. Set colchicum bulbs (below) so their tips are covered with two or three inches of soil. The flowers are formed within the bulbs when you buy them, and the bloom stalks will come up fast. A good trick is to place a bulb or two on your desk or in the kitchen window and watch it bloom without soil or moisture. Then, plant it in the garden immediately after the bulb has finished flowering.



Photographs: Hopkins

Since colchicums bloom in August or September with no foliage, the flowers will show off better if planted between dwarf iris or ground cover plants such as vinca or pachysandra. While sunny locations are best, the plants will also perform in part shade. Here, the flowers are shown a few weeks after the bulbs were planted. Flowering is prolonged because the flowers don't all open at the same time. The clusters of blooms are showy, especially so when bulbs are planted in groups of six or more, spaced about six inches apart. You'll get a kick out of the spring-in-fall look—especially since you haven't had to wait a long time for it. Autumn crocus are available in violet, rosy purple and deep rose. Give them a light mulch for

Some comforting thoughts for Father's Day.

The Plus Chair Recliner by American of Martinsville is a great thought for Father's Day. Not simply because it's different in both looks and comfort from the ordinary recliner—but because it's different from any other chair you can buy.



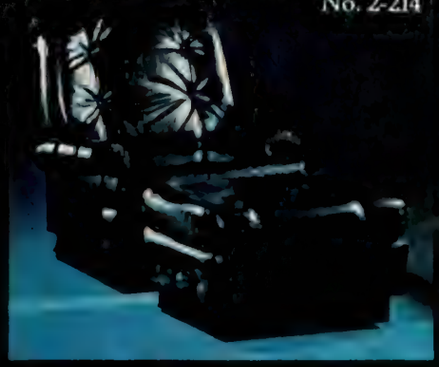
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Proof? To begin with, you'll find that instead of only a few relaxing positions, the Plus Chair Recliner allows you to glide effortlessly from upright to fully reclined, or stop anywhere in between. And the seat itself actually adjusts and conforms as the back moves. The result? The ultimate in comfort and relaxation.

t that's only half the story. Because in place of a bulky swing-up
e footrest, you'll find each Plus Chair
mes complete with a handsome ottoman
cifically designed to match whatever
le you select: traditional, contemporary
country. And as illustrated by the
npling of five Plus Chairs shown here,
h style is available in a large variety of
lay's most popular covers—furs, plaids,
nts and rugged vinyls—including many fabrics of color-fast, soil and stain resistant Herculon*.

No. 2-214



No. 2-321



And the price is another big plus. Because Plus Chairs, including ottomans, are designed to sell from just $199 to $399.** All things considered, the Plus Chair is something just about everyone can take comfort in.

Plus Chairs are available for quick very. For where-to-buy information on the one you want, 800-243-6000 toll-free, anytime. In nnecticut, call 1-800-882-6500.

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olor brochures featuring Plus Chairs and many other rican of Martinsville living room, bedroom, dining , and occasional groupings, send $1 to American of insville, Dept. B, Martinsville, Virginia 24112.

stered trademark of Hercules Incorporated for its olefin fiber.
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winter. Spring foliage dies back past midsummer.



Lycoris, like the amaryllis to which it is related, produces a cluster of pink blooms at top of bare stalks. Since stems grow two to three feet tall, plant bulbs toward back of the flower border. You can conceal much of the bare-stem appearance by locating the bulbs between clumps of iris, which do their flowering in the spring. Or, plant between any early-flowering kinds of border plants that have good-looking fall foliage under two feet tall. Lycoris flowers appear so fast in August that they surprise you. They're good for cutting, too. You should provide a light winter mulch in late fall, as you do for other hardy plants in the border. As with colchicum foliage, the leaves come on lush with a rush in the spring, then ripen and disappear.



Photograph: Caldwell

Showers any bride will love

Why not make your bride's shower "something new"? Here are three ideas which are inexpensive, original and best of all provide the bride with a gift she'll really use. All your guests will enjoy getting involved in gathering the party props.

Travel ideas shower: As a good omen for the future—a life full of travel and adventure—shower the bride with curios from romantic places. Tell your guests to bring mementos of their own travels, or find unusual gifts from foreign countries in specialty shops. A rose bowl with map cutouts glued to the surface provides a global centerpiece. You can fill bowl with crumbled plastic foam and blue-tinted water to outline the continents. Flowers carry out the theme with wheat representing Sweden, roses for France, ivy for England, geraniums for Italy, mums for Japan and cactus for Mexico.







Photographs: Hopkins

Sewing basket shower: Every woman needs a well-equipped mending basket, and the bride probably hasn't even thought of one. Gifts can range from inexpensive needles and pins to more costly scissors—they're all welcome. Guests and hostess can collaborate on the workbasket centerpiece: any good-sized basket trimmed with a beehive and filled with patchwork-quilt flowers. To make beehive, cover a halved plastic ball with coarse twine and add a bevy of bees. Calico flowers are made of printed 8x8-inch fabric squares, folded twice and gathered at base. Add fabric stamens at center.

Windfall shower. Gift the bride with a petty-cash dowry that doubles as a handsome centerpiece. Have your guests come a few hours before the actual party, and provide everyone with the makings of the "money flowers"—chenille stems, pipe cleaners, stiff gold cord with wire inside, fake green leaves, floral tape, wire and a sheet of clear plastic to back the bloom. Flowers can resemble daisies, dahlias or mums. Loop cord into shape desired, back with acetate and glue on silver or pennies. Finally, arrange all the money flowers in a gilded flowerpot, mixing the different shapes for an impressive effect.

ottled
nterpieces







Hopkins

ished condiment bottles ngle crossed stalks of yel- merocallis with their own . Bottles like these become il vases when you add and panels of red, yellow, and black self-stick vinyl o unify the arrangement, ed the bottles and a pair llesticks on an oval black tray. (Top)

of antique bottles made uthentic molds are now le at grocery and variety We filled our bottles with ioned white garden pe- tunias. When working with containers of the same height, elevate one of them on a stand. Informal tableware such as the goblet and hexagonal plate add to the cottage look. (Middle)

Individual cranberry juice bottles, filled with shiny chips used for the aquarium, hold hydrangea blooms and hemerocallis (day-lily) foliage. To duplicate arrangement in the center, fill the bottle with stones and water, bend five hemerocallis leaves into triangles, and place ends in the bottle. Then front the foliage with a flower. Arrange the other two bottles in a like manner.

"Every weekend I was always too busy for home work and the place looked like it was falling apart. Then we put on vinyl siding, vinyl windows, vinyl shutters, vinyl gutters, vinyl drains and vinyl downspouts. Now I'm still too busy for home work and the place looks great!"



In building products, the vinyl that started it all is Geon® vinyl. We make Geon vinyl, not the building products. Send us the coupon and we'll tell you who does.

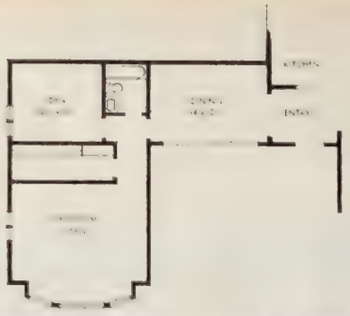
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Please tell manufacturers who use Geon vinyl to send me literature on finished products as follows:
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A new L for Leisure Living

A good addition often brings more to a house than merely extra space. For example, this bedroom, den and dining room addition creates a new patio/courtyard and entry.





Photographs: Mike Dieter Designer: Larry Mork, A.I.D. Landscape Architect: Herbert Baldwin. Source: Barbara Gorder

A new entry—set at the side of the house—faces the park-like landscape. Old railway ties and evergreens bank an artificial hill to guard the privacy of the new rooms. The front walk curves to the entry courtyard; this area doubles as an entertainment center in summer. Redwood siding and used brick help blend the addition with the house.

The entry opens to the new dining hall which separates the master bedroom from the main living areas. Although long and narrow, this hall seems larger than it really is, thanks to its wall-wide windows.

In the bedroom, large bay windows give a pleasant view of the tree-shaded yard. The window alcove provides an ideal spot for late-night reading or a quiet talk.

The den behind the bedroom provides a perfect retreat where grown-ups can enjoy a quiet moment or host a small party. The unusual fireplace facing is made from sheets of antique tin.

To keep the bedroom free from clutter, a big walk-in clothes and storage closet stands between den and bedroom. The master bath (see plan) serves both rooms easily.







Playtex® Tampons introduce a comfortable difference.



A gentler way to more complete protection.

Women find the new Playtex Gentle Glide applicator more comfortable to insert than Tampax's. One reason is that Gentle Glide is rounded. Tampax's is not. And Gentle Glide is made of a soft plastic that's smoother and more flexible than cardboard. But there's another difference between them.

Playtex are the only tampons that offer deodorant for more complete protection. Their fresh, delicate scent helps reduce doubt about intimate odor. During your period that can be reassuring.

And naturally, Playtex Tampons are highly absorbent. They self-adjust internally. And respond to your inner contours to help meet your absorbency needs.

A new Gentle Glide applicator for more comfortable insertion... deodorancy... and absorbency. No other tampon has more to offer.

Also available without deodorant



Playtex protection means more complete protection.

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The first rice recipe that comes complete with a money back guarantee.



With *Uncle Ben's Converted*® Brand Rice you don't need practice to make perfect. You see, Uncle Ben's is the world's best rice. It's made to come out fluffy and separate, or as we say, perfect every time.

In fact we're so sure of our rice that we'll give you your money back for the box of rice if it doesn't come out perfect in this delicious, easy to make recipe, Beef and Pepper Rice Skillet.

To get your money back, just write and tell us what went wrong with our rice. Include the Uncle Ben's box top along with your name and address, and send to: Uncle Ben's Guarantee, P.O. Box 1752, Houston, Texas 77001. This offer expires June 30, 1974.

Uncle Ben's Rice. When it comes to rice recipes, we put our money where your mouth is.

Beef and Pepper Rice Skillet

- 1½ pounds round steak, cut in thin strips
- 2 tablespoons cooking oil
- 1 cup sliced onion
- 1 cup UNCLE BEN'S CONVERTED® Brand Rice
- 1 can (10½ ounces) beef broth
- Water
- 3 tablespoons soy sauce, or to taste
- 2 green peppers, coarsely chopped
- 1 jar (2 ounces) sliced pimiento, drained

Brown beef in oil in 10-inch skillet. Stir in onion, rice, beef broth, one soup can of water and soy sauce. Bring to boil. Reduce heat, cover, and cook over low heat until liquid is absorbed, about 25 minutes. Stir in green pepper and pimiento. Heat through.

Makes 4 to 6 servings



Uncle Ben's

So perfect

ts & crafts fairs

ehead dolls page 142
rials: apples; vegetable peel-
aring knife; lemon juice; 12-
4-gauge copper wire; mask-
ape; white glue; cotton bat-
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shrinkage, lift eyelids and
small beads or buttons for
Secure with glue if neces-
Glue yarn scraps, cotton,
ton floss in place for hair.
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together nylon or panty-
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prepare husks, soak them
in mild detergent and rinse
Dye moldy or discolored
for later use in making ac-
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k husks in warm water to
hem pliable as you work.
l an old bath towel on your
surface to absorb extra
re. Select a large foam ball
dy and a smaller ball for
You may need to cut them
a little for different size

m arms and shoulders by
a chenille stem length-
a corn husk. Turn husk
nder, tie off with thread.
ition arms between head
dy balls. Choose a husk
nough to extend from the
waist, over the head, to back waist of doll. Be sure clean-
est side is out, since it will form
face. Lay the middle of this husk
over the head, twisting several
times at the back of the head to
make a husk curve out around
face. (Twists will be concealed
by hair or hat.) Use thread to
secure this outer husk covering,
cinching it tightly at the neck and
again around the waist of the
body ball.

5. You'll need several husks to
make the skirt. Place these with
pointed ends up at the waist and
turn bottom ends under. Continue
adding overlapping husk layers

continued

A little-known fact about wood explains why this home can save you a bundle of money on cooling bills.

Have you ever wondered why you feel more comfortable in a wood house?

It's because wood is a natural insulator. Wood insulates 6 times better than brick, 15 times better than concrete, 400 times better than steel.

Which is why you'll save money heating and cooling a wood house. We can't say exactly how much. But one university test made against an identical masonry house showed that a wood frame house used 23% less fuel in the heating season, 30% less in the cooling season.

What makes wood a great insulator? Wood's cellular structure contains millions of tiny airspaces. And it's a well-known fact that air is one of the best insulators known.

If you're in the market for a new home, you owe it to yourself to demand wood. For framing and sheathing. As well as roofing, siding, flooring and windows. For more little-known facts about wood and a free House-Hunter's Guide, write **American Wood Council,** Dept. U, 1619 Massachusetts Avenue, N.W., Washington, D.C. 20036.



NEW SEWING BOOK

from Better Homes and Gardens®

Over 60 different projects to give your home a personal new look. Complicated? Not at all. If you can make a dress, you can make anything in this book: Curtains, draperies, shades and valances, bedspreads, quilts, pillows, slipcovers, room dividers, wall hangings, table linens, bath and closet accessories. And when you finish, they'll look "professional." This new book includes step-by-step instructions for each project, 118 full color pictures and over 275 drawings. It gives you all the information you need to create worthwhile fashions for your home.

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continued

Arts & crafts fairs

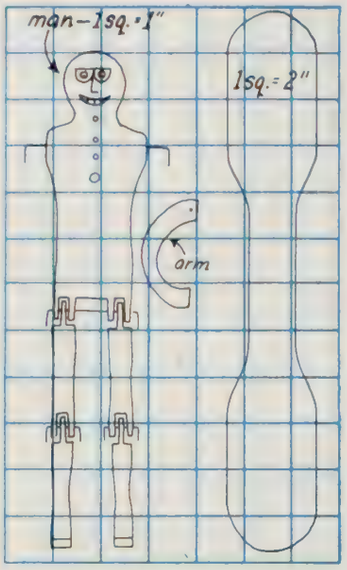
until skirt is full and firm. Anchor husks at waist with thread and trim to ½ inch above the waist. Cut skirt to desired length. Stuff skirt with tissue paper to retain shape and allow to dry overnight before removing paper.

6. To make a shawl, split a husk lengthwise down the center. Drape pieces over shoulders, crisscross them front and back, and tie off at waist.

Use the dyed husks for making accessories.

7. When your doll is completely assembled, allow to dry overnight away from direct heat. When dry, draw in facial features.

Dancing man page 145



1. Enlarge pattern on grid and, using jigsaw, cut paddle (dancing platform) from ¼-inch mahogany or other suitable semi-hardwood. Sand all surfaces smooth.

2. Enlarge pattern pieces on grid and cut man from ⅜-inch lumber using jigsaw. Sand all edges and corners smooth. Use art knife to whittle some roundness on legs and arms.

3. Drill joints slightly larger than wire. Insert wire and bend it to hold pieces together. For small children's safety, twist wire ends into loops.

4. Drill a hole in man's back and insert dowel or twig for a handle.

5. To operate—sit down on one end of paddle, holding man by handle with his feet slightly above protruding end of paddle. Strum rhythmically with thumb to make man dance.

Pop Up Clown page 146

Materials: 18-inch piece ¼-inch dowel; 7-inch-long cardboard cone; cork or plastic foam ball; yarn and fabric scraps; small ribbon; permanent felt-tip pen.

1. Enlarge patterns on grid and cut out fabric garment and hands.

2. Pin garment right sides together inserting hands in sleeves. Stitch around, leaving bottom open and a small hole in neck for inserting dowel.

3. Cut hole in ball and assemble yarn hair as shown in drawing. Glue on hair and draw in facial features.

4. Slip garment on dowel and secure with ribbon bow, leaving enough room on dowel at top to insert head.

5. Push cone up from bottom of dowel and glue garment bottom to cone top.

Wondering how and where to vacation this year?

Here's the answer; Better Homes and Gardens 1974

Close-to-Home VACATION IDEAS contains information on:

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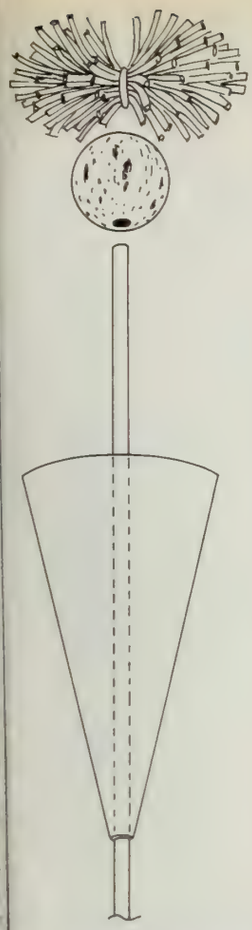
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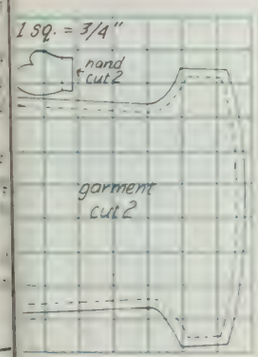
Please send me____copies of your 1974 Close-to-Home VACATION IDEAS ($1.35 each plus 35 cents postage and handling). Enclosed is $_____(check or money order).

Name_____

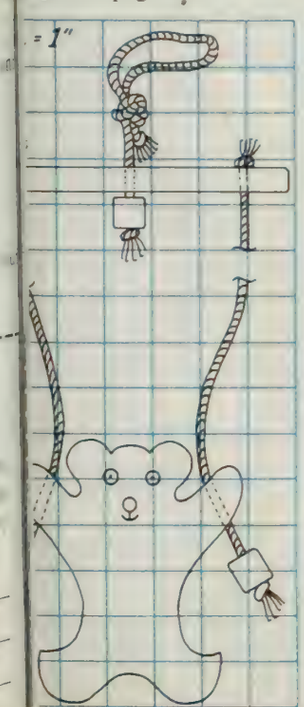
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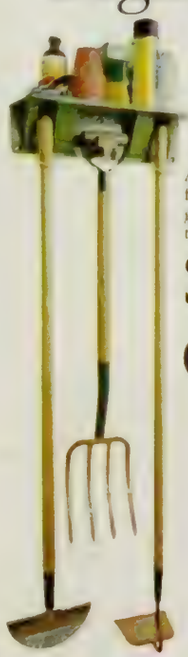




A Tree Trim, Border Edging, Picket Fence—a very neat garden!

Five practical things for the lawn and one for the birds, from Rubbermaid.

There's durable, bendable Picket Fence, which goes up in a breeze. And Border Edging, which makes your grass stop where you want it to stop. And, of course, Tree Trim.



A home for your garden things.

To help you get organized, a Shelf & Tool Organizer. And a Carry Caddy.



The gardener's Carry Caddy.

For the birds,  Bird Feeders. In three styles.

Be nice to birds.

And everything is maintenance free. So they make your grass seem just a little bit greener.

Rubbermaid

We help around the home.

Materials: ¾-inch pine; heavy cord or light rope; 3 large beads or ½-inch dowels drilled out; denim scraps; permanent felt-tip pen.

1. Enlarge patterns on grid and cut out bear and crossbar using jigsaw. Sand all edges.
2. Draw facial features on bear. Cut denim overalls to fit and stitch or glue on bear.
3. Cut two 42-inch pieces and 1 12-inch piece of cord. Knot in place according to drawing.
4. Hang toy from loop in crossbar. Grasp beads under bear's paws and pull them apart simultaneously to make bear climb.

How to store more in the same space

Can you revamp your kitchen within the existing space and still solve your storage problems? This family did, with the help of kitchen cabinets and custom-made units to make the most of all available space. To separate the kitchen from pantry and stairways, they extended the counter top to an L-shaped peninsula that also serves as a planning-eating area.

The crisp new look in the kitchen began with a basic black-and-white color scheme for counter tops, major appliances, and cabinets. A bold-patterned wallpaper accents the neutral tones. Dominant colors in the wallpaper are repeated on shelves inside cabinet doors and carried throughout the kitchen and hallways with easy-maintenance vinyl floor tiles.



A white plastic laminate oven exhaust hood provides an architectural focal point against a black plastic laminate wall. Lighting comes from a circular ceiling fixture, from indirect natural light, and from tubes under wall cabinets.



The L-shaped extension of the counter top creates an informal snack area for a family with busy schedules. There was no need to sacrifice base cabinet space for a trash compactor; the extension made room for it to slide in near the sink.

Buying information, page 134



To gain more storage space, the homeowner swapped a second kitchen window for a capacious bank of upper cabinets. The remaining window, the back door window, and the ceiling fixture provide enough light to brighten the room. For a refreshing change of pace, the family hung the cabinets zigzag fashion and installed under-cabinet task lighting for a decorative effect that breaks up the usual cabinet monotony.



Photographs: Harry Hartman. Source: Gabrielle Leubecker. Designer: S. M. Adams

Filling this entire wall with extra-deep closets gives the refrigerator a sleek built-in look. All small electrical appliances are housed in one closet that's outfitted with an appliance strip. The cabinet shelf is wide and deep enough to act as a work surface for the blender, mixer, and can opener. Heavier appliances are stored on the bottom shelf, but slide out easily along with the handy flatware drawer.

Easy Orange Mallow Frost

1 3-oz. pkg., orange flavored gelatin
1 cup boiling water
1 pint orange sherbet
1 11-oz. can mandarin orange segments, drained
2 cups Kraft Miniature Marshmallows or 20 Kraft Jet-Puffed Marshmallows

Dissolve gelatin in boiling water. Add sherbet; stir until dissolved. Chill until almost set; fold in fruit and marshmallows (quarter Jet-Puffed Marshmallows directly into gelatin using scissors dipped in water). Fill 6 dessert dishes; chill until firm. Garnish with additional mandarin oranges and mint, if desired. 6 servings

Variations:
Substitute 1 cup ginger ale for sherbet.
Substitute one of the following for the orange gelatin and sherbet:

lime gelatin and sherbet
lemon gelatin and sherbet
raspberry gelatin and sherbet

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Your family'll love it.





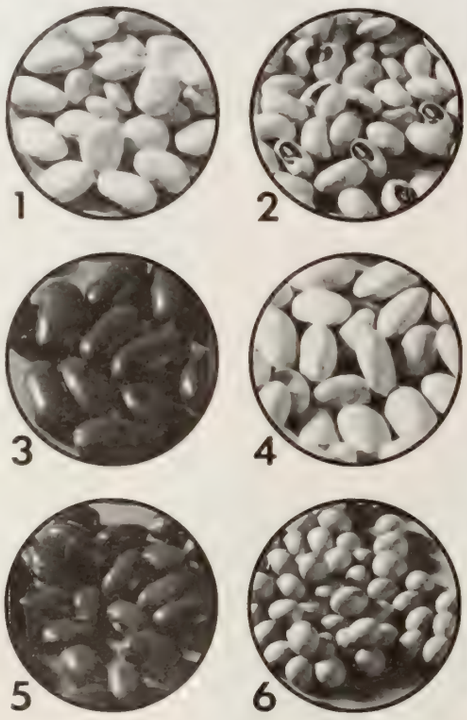
Kraft Marshmallows make an easy dessert with orange appeal.

They're jet-puffed to stay soft and blend smoothly.

bean buymanship

Like just about everything else that's edible, dry beans are considerably costlier than they were last year. But comparatively speaking, they're still an excellent nutritional buy. Besides being packed with protein power, dry beans contribute moderate amounts of thiamine to your diet as well as smaller amounts of many other vitamins and minerals.





These identification pictures and descriptions will help familiarize you with some of the more common varieties.

1. **Lima beans** include two varieties of flat-shaped beans, large and baby limas. They are actually two different types, not the same bean in a different size.
2. **Black-eyed peas** (really beans) have a distinctive black dot on each yellow-tinged bean. They are particularly favored by Southern cooks.
3. **Kidney beans** are named for their kidney shape. You'll most often see the dark red variety but there are other kinds that vary in color and size.
4. **Northern beans** are medium-sized, oval, and white. They are slightly larger than their close relative, navy beans.
5. **Red beans** are related to kidney beans but do not have the pronounced kidney shape. They are often used in chili and other Mexican dishes.
6. Small, round **soybeans** are the most protein-rich of all the bean varieties. They have become particularly popular as a meat supplement or alternate.



Buying information, page 134 Photographs: Dieter

THREE BEAN SAUSAGE BAKE

This flavorful casserole uses navy and red beans, plus the irregular round, white beans known as garbanzos or chick-peas—

1 cup (8 ounces) dry navy beans
1 cup (8 ounces) dry red beans
¾ cup (6 ounces) dry garbanzo beans
1½ teaspoons salt
1 16-ounce can tomatoes, cut up
1 8-ounce can (1 cup) tomato sauce
1 medium onion, chopped
1 teaspoon sugar
¼ teaspoon pepper
8 ounces chorizo *or* smoked bratwurst, thinly sliced

Rinse beans separately. In large saucepan, combine navy and red beans with 1½ quarts water. In another large saucepan, place garbanzos with 2½ quarts water. Bring both pans of beans to boiling; reduce heat and simmer 2 minutes. Remove from heat. Cover; let stand 1 hour. (Or, add beans to water. Cover and let stand overnight.) Add ½ teaspoon of the salt to the garbanzos. Cover and simmer ½ hour. Drain navy and red beans. Add navy and red beans to garbanzos along with remaining 1 teaspoon salt. Cover and simmer 1 hour more or till beans are tender. Drain, reserving ½ cup liquid. In 3-quart bean pot or casserole, combine reserved liquid, tomatoes, tomato sauce, onion, sugar, and pepper. Stir in beans and sausage. Bake, covered, in 300° oven 2 hours. Uncover and bake 2½ hours more, stirring occasionally. Makes 10 servings.

BRONCO BUSTER SOUP

A hearty meat and vegetable soup that starts with the speckled pink bean variety known as pinto beans—

1¼ cups (8 ounces) dry pinto beans
6 cups water

• • •

1-pound beef shank
¾-pound ham hock
¼ cup chopped onion
1 teaspoon salt
½ teaspoon dried thyme, crushed
Dash pepper

• • •

2 medium potatoes, pared and diced (2 cups)
2 medium carrots, sliced (¾ cup)

Rinse the pinto beans; place in Dutch oven with the 6 cups water. Bring to boiling; reduce heat and simmer 2 minutes. Remove from heat. Cover; let stand 1 hour. (Or, add beans to water. Cover and let stand overnight.) Add beef shank, ham hock, onion, salt, crushed thyme, and pepper to pinto beans. Bring mixture to boiling. Reduce heat and simmer, covered, 1½ hours, stirring occasionally. Remove bones to cool; cut off meat and dice. Discard bones. Add meat, diced potatoes, and sliced carrots to soup. Cover; simmer the soup 30 minutes more. Makes 6 to 8 servings.



The textured weave in sun-drenched colors.

Sears Aquarius Draperies.

What a wonderful surprise! Ready-made draperies with the weight and fullness you thought you could find only in custom-made draperies. Aquarius draperies from Sears.

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Carpet Foundation



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An ordinary carpet cushion can deteriorate or crumble and lose its capacity to protect your carpet. Result: unsightly and uneven wear.

The alternative: Omalon® Patented Process* Carpet Foundation. Created to help keep a carpet looking better longer.

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See the photo on top. An *unretouched* picture of ordinary waffle rubber carpet cushion crumbling. Look at the valley worn into the carpet.

Now look at the other *unretouched* photo. That's Omalon Carpet Foundation. Look at the carpet. Same test yet it hardly shows any wear.

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Look for the Registered Omalon Dealer seal in the window or in the display area.

For full information, write to: Olin Chemicals, Consumer Products, Dept. BH5, Olin Corporation, 120 Long Ridge Road, Stamford, Connecticut 06904.

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Can you speak campers' language?

If you're a camper of the old school, a weekend at your favorite tent site may leave you with an earful of new jargon. Camping has evolved and expanded to include more than a half dozen types of recreational vehicles produced by several hundred manufacturers. In the process, a whole new lexicon has developed to describe the various vehicles and their accessories. The following glossary of often-used terms will help you nod your head knowingly during conversations around the campfire, or camp stove.

ATV: All-Terrain Vehicle, usually with large balloon tires or tracks, capable of carrying one or two passengers through water, mud, snow, and up large grades.

Auxiliary fuel tank: an additional gasoline tank that's mounted on many types of self-propelled recreational vehicles.

Ball: the part of the hitch coupling that comes in contact with the trailer tongue; the male part of the trailer-hitch combination.

Bubble top: replacement of a van's standard top with one of fiber glass to gain interior headroom. Also see "Pop top."

Camper special packages: optional groups of equipment offered by pickup manufacturers for safe conveyance of slide-on campers; packages usually include heavy-duty suspension, electrical, and cooling systems.

Cap: a simply constructed enclosure, made of aluminum or fiber glass, of a pickup truck's cargo bed. Also called "shell."

Chassis mount: a camping unit attached directly to the frame of a truck behind the cab.

Club cab: type of pickup truck with additional storage/seating space behind the seat.

Compact van: a boxlike truck designed for light-duty cargo carrying, usually with one driver's and one passenger's seat, no windows in body sides.

Compact wagon: similar to above, except designed to carry passengers; has bench-type seats and windows in sides and rear.

Crew cab: a four-door, six-passenger truck, sometimes with small cargo box.

Dump station: a facility, in the ground, for sanitary disposal of waste materials from self-contained camping units with holding tanks; found in most modern campgrounds and service stations advertising RV service.

Fifth wheel: horseshoe-shaped trailer hitch mounted in the box of a pickup truck.



Fifth-wheel trailer: travel trailer with front portion extending into pickup bed, creating split-level interior.

Four-wheel drive: used to describe a rugged vehicle that uses power on all four wheels to develop exceptional traction in rugged terrain, and the transmission system it uses; also called a "4x4."

GVW: gross vehicle weight, referring to a recreational vehicle; used as a factor for comparing units and determining maximum load-carrying capacity.

Hitch: any of a variety of apparatus designed to connect tow vehicle with trailer.

Holding tank: a chassis-mounted tank on travel trailer or motor home which accepts and holds waste from the vehicle's sanitary conveniences.

Hookup: outlets for electricity, sewer, and water provided at most campsites for camper units.

Jacks: supports to use with trailers and slide-on units at destination or when in storage; keep the unit level and steady.

Mini-motor home: small motor home utilizing compact truck chassis with cab.

Motor home: a self-propelled living unit built on a truck chassis; fully self-contained units carry water, sanitary facilities, heating, and cooking appliances.

Pop top: the roof on a camperized van which can be adjusted from a lowered aerodynamic position to a raised one with more headroom and living space.

RV: recreational vehicles, usually excluding motorcycles and ATVs.

Self-contained: ability to support life without dependency upon outside sources; full systems such as found in the home.

Slide-on: enclosed camping units of various sizes designed to fit into bed of pickup truck; also called "slip-on."

Sliding rear window: pickup truck's rear window designed to slide open, allowing conversation with occupants of slide-on.

Tent trailer: a compact-type trailer with canvas top that when unfolded is similar to a tent.

Tie-downs: securing devices used to hold slide-on camper to frame or body of pickup truck; also called "hold-downs."

Trail bike: a small motorcycle used to negotiate terrain where walking would prove strenuous; often hauled in racks on the rear of recreational vehicles.

Trailer-towing package: optional heavy-duty equipment installed on vehicles to permit the safe towing of trailers; normally including suspension, electrical connections, cooling, transmission, and related drive train elements such as axle ratio.

Truck camper: a pickup truck equipped with a slide-on unit.

Van conversion: interior modification of a compact van or wagon to accommodate beds, appliances, etc.; usually includes replacing a standard top with a bubble top or pop top.

Wiring harness: the connecting group of wires allowing easy hookup of camping unit with tow or carry vehicle.

Now, whether or not you own an RV, you'll be able to converse.

ins on page 40

etting along ith your terinarian

that) whether or not your needed medical attention, you uldn't be surprised if the vet- ary staff doesn't share your ng of urgency.

n your pet up a little before ing the veterinarian.

one—not even pet doctors— y handling an animal whose is full of mats, who scratches tantly, and whose smell is iniscent of the neighborhood age cans. If a dog arrives in rally bad condition, the doc- will be apprehensive about chances of good recovery n leaving a sterile hospital ronment and returning home.

w through on your veterinar- home-care instruction.

our veterinarian has pre- ed certain pills or a medica- to be given to your pet at ified schedules, follow his in- tions to the letter. And don't administering the medica- just because you decide your or cat looks much better.

sk your veterinarian or a ber of his staff to demon- e the proper way to give pet a pill or a teaspoonful e required medicine. Be hon- with yourself. Some dogs and cats resent having anything ed into their mouths. If a gling animal is likely to de- ou from staying on schedule, may be better off leaving pet in the hospital a few days where the veterinary can medicate him properly. will cost extra but in the run it may be cheaper than ing a pet who suffered a re- because you found his ment too demanding.

ember that the veterinarian his staff are human, too.

pt for genuine emergencies, rush into the office just be- closing time, demanding im- ate attention. After all, you being detained after work, the hospital staff have fami- hey like to join for dinner a hard day.

by hook or by crook, you age to get your veterinarian's phone number, try to lose here's no reason for him to away from a quiet evening his family or friends to dis- something that could wait regular office hours. In a emergency, a veterinarian's ering service can notify him e problem, and he'll have plenty of time to give your pet prompt attention.

Respect your veterinarian for the professional that he is.

Even though he works with animals, he is a doctor and he studied long and hard for the diploma on his office wall. His fees may seem high, but his education was expensive and the capital outlay to set up a veterinary clinic is nothing short of astronomical. Your veterinarian has chosen his occupation because that's what he likes to do and does best. Just like you, he makes a living in the process. ■



A Major Breakthrough!

We call it the FlatTop because it's the first full line of air conditioning cooling coils with flat tops. This is the part of a whole-house system that goes on your furnace to cool and dehumidify the air.

It's only 7¼ inches high. That's about half the height of commonly used "A" or slanted coils. Result: an easy, neat installation, even in homes with high furnaces or low ceilings.

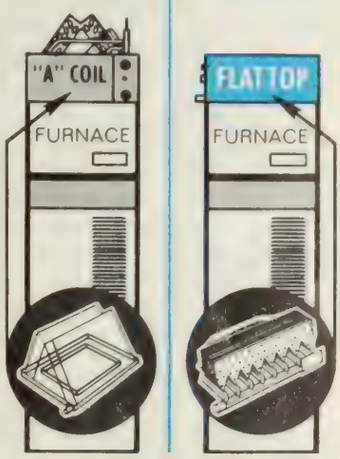
Typical "A" coils require a drain pan (see picture) to catch the humidity (condensate) the coil removes from your home's air. But, these pans may also serve to distort airflow which may mean more blower speed, more power, more noise. If not properly installed, these pans may quickly become an environment for algae, growths and odors.

York's FlatTop ends these problems with a new, patented system of sawtooth fins and narrow, sloped drain troughs. This means complete drainage, minimum air blockage, quiet comfort. And, it may even extend furnace life and help save heating fuel. See your York dealer or write for free brochure for all the facts.

COMPARE FOR YOURSELF

Typical "A" cooling coil. Note greater height and large drain pan.

Half as high, yet does the same cooling job. Note patented, sloped troughs.



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Evergreen spring bouquets

Add a touch of evergreen to a bouquet of those first fragile spring flowers. You'll have an unbeatable combination—as oriental arrangers discovered long ago. The first spring flowers often have weak stems which make arrangement difficult. Combining sturdy branches of evergreen with spring blooms allows you to build height and width into the arrangements—as well as providing color and texture. If new growth has started on the evergreen, simply snip off the pale green needles at the tip of the boughs. It won't spoil the looks of the branches and it will extend the life of your arrangement because this new growth is the first part to wilt. We've used our bouquets as centerpieces with both formal and casual table settings—but these pine and spring flower combinations are delightful anywhere in the house.



Photographer: Hedrich



Designer: Hiroko Sogi

High-rise grouping of daffodils and pine is arranged in two layers in a footed oriental container. When you're working with containers that have an open area in the base, you can utilize the space with a small secondary arrangement. Wire daffodils together in a straight line and place them in a V-shape in the upper part of the bowl. Carry out the V-shape with the pine branches on either side. Don't hesitate to trim the ends of the pine needles if you want to accentuate the curve of the design. We played up the color of the daffodils with brilliant Sundance pattern tableware.

Top left: An informal daisy pyramid arranged in a low, footed glass bowl is surrounded by short clippings from the yew. To make the pyramid arrange five small clumps of daisies at varying lengths in the hand and secure each with a rubber band. Insert the tallest in the center of the needlepoint and surround with the remaining bunches. Place short sprigs of the Japanese yew around the base of the bowl. We added short glass candlesticks and a pair of gold bird figurines to complete the centerpiece. Golden Mood china, Spanish Crown flatware, and a Prelude goblet carry out the old-fashioned theme.

Top right: Create a woodland scene with a sweeping branch of Austrian pine, seven tulips, and a handful of daisies nestled at the base. To make this Moribana-type arrangement, choose one curving branch of pine and insert at an angle at one side of the needlepoint. Insert a few shorter branches at the base. Cut tulips quite short and arrange in a circle on lower pine branches. Band daisies together and place at the edge of a low bowl. The classic look of the centerpiece complements the Firesong pattern fine china and Raphael stainless flatware.



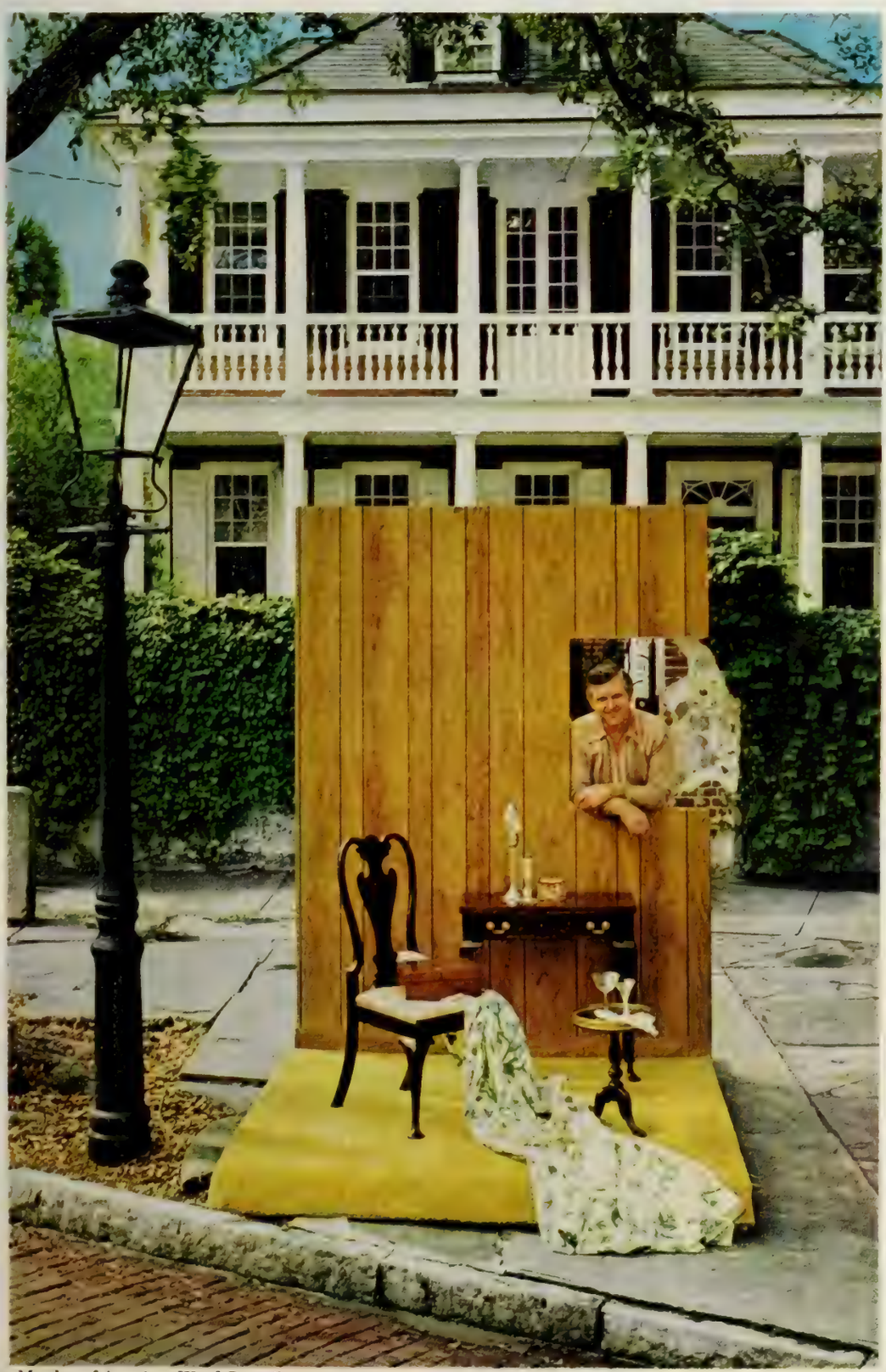


Buying information, page 134

Horizontal design features an array of full-blown tulips, daisies, and spruce. You'll need three containers of varying heights to make this arrangement. Place one tulip in the tallest and fill the next size vase with a profusion of short daisies and tulips. Add a tall tulip at one side of this container to form the high point of the design. (Tulips should all be facing in one direction.) Gently bend the spruce boughs—holding them between your thumbs—till boughs are almost at a right angle. Insert in the lowest vase which is placed in the rear. Work the evergreen branches till they circle the tallest container. A bold pattern of Westbury stoneware. Samarkand Manor flatware (with chunky stoneware handles) and a Madeira goblet complete the setting.

"If old mellowed wood is what you'd love to have, move into this 1743 landmark. There's a better way. Without the movers."

—Wally Bruner, Star of "Wally's Workshop" TV Show



"Something happens to fine wood after it's been on a wall for a couple of centuries. It gets an inner glow. A luster. A patina. Trouble is, there are only a few places—like the George Eveleigh House in Charleston, South Carolina, where you can find paneling like that.

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"You don't have to be a millionaire to own it either. In fact, you can panel a 10′ x 15′ room with Constitution panels measuring 4′ x 8′ x 5/32″ for about $100.* And build heritage right into your home. Check the Yellow Pages under 'Paneling' for the U.S. Plywood dealer nearest you.

"And yes, you can do it yourself.

"If you can saw, measure and hammer, you can do it. The Paneling People even have a book that tells you how. Shows you new ways to use paneling, too.

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Our Readers Favorite House Plan

from

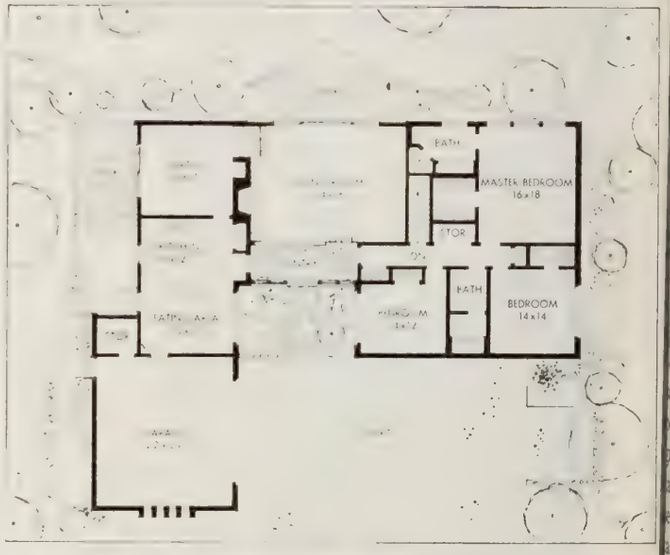
Better Homes and Gardens

You'll enjoy peace and quiet with this outstanding home design. The excellent design of the floor plan buffers living and sleeping areas with basement stairs, master bath, closets, and a hall. The bedrooms are clustered together, yet none shares a wall with another or with the living room. The family room is downstairs along with a bedroom, bath, laundry, storage and playroom.

A large fireplace wall in the living room and dining room create a feeling of warmth, while the cathedral ceiling with dark contrasting beams give a sense of spaciousness. The kitchen has its own eating area and is directly adjacent to the dining room, entry hall, and garage for easy access.

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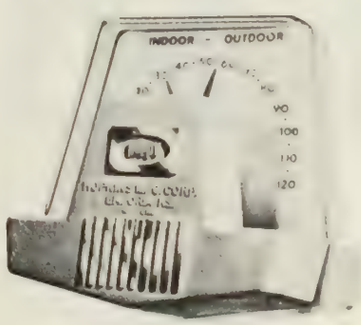


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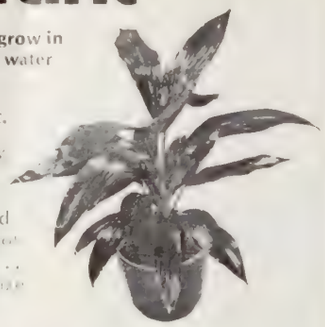
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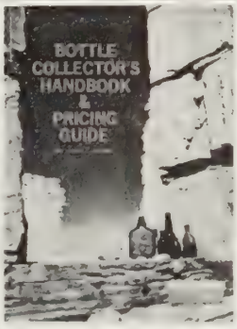
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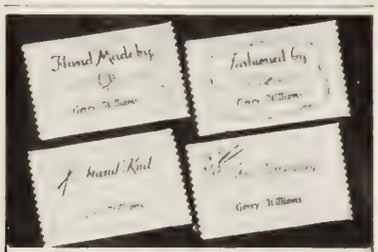
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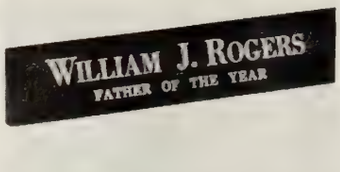
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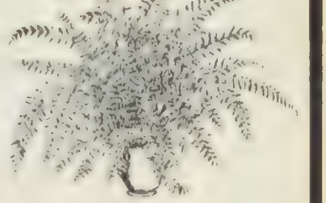
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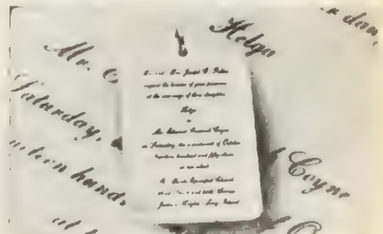
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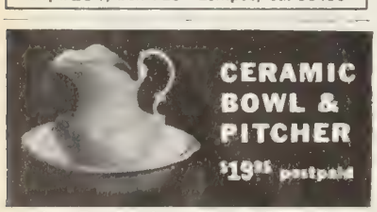
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Plans for distinctive and useful barns. Included are step-by-step plans and material list. Plans call for double 4½ foot doors, 4 inch concrete floor and finished loft floor. Use for a boat, cabin, lodge, utility etc. Traditional or garage barn 14 ft. x 20 ft. x 14 ft. 9 in. high. $3.75. Order from Hammond Barns, Dept. BH-26, Box 584, New Castle, Indiana 47362.



Eagle wall plaque

You'll be thrilled by the eagle's deeply sculptured look, the way each individual feather is intricately detailed, the proud curve of the beak and talons. Over 2' wide, in antique gold or pure black. Polypropylene is weather and rustproof. $2.98 + 35¢ post.; 2/$4.98 postage paid. Order from Crown Castle, Ltd., Dept. GE-47, 2055 McDonald Ave., Brooklyn, New York 11223.



Norman Rockwell prints

Four of Norman Rockwell's most famous prints can be yours! Rockwell is famous for the heartwarming, storybook quality of his paintings. Each print is suitable for framing; measures 9" x 12". All four for $1.00 + 25¢ post.; 3 sets for $2.00 + 25¢ post. Delightful "Spoonin' " is absolutely free! American Consumer, Dept. NR-27, Caroline & Charter Roads, Philadelphia, PA 19154.



Family picture showcase

A lovely way to display your favorite photos. Neutral color matte trimmed in gold can hold photos from 1½" to 5" x 7". Showcase is reversible, comes complete with stand-up back, wall mount distressed walnut frame and unbreakable glass. It's a great gift. $14.95 + $1.50 post. 2/$28.95 ppd. Liberty House, Dept. BH-5, 66-66 Grand Ave., Maspeth, New York 11378.

Skirted playsuit

You get two for the money, it's a "best buy" for summer. For work or play, zip into the suit, cut for comfort in action. Tie on the button-front skirt and you have a dress. It's flatteringly yours in wash 'n wear Dacron & Cotton, Denim Blue with Red trim. Sizes 8-18. $20 + 80¢ postage. Order from Old Pueblo Traders, 600-B5P-S. Country Club Road, Tucson, Arizona 85716.



Very truly yours

Fully personalized playing cards beautifully imprinted . . . a unique idea. Made with a heavy plastic coating with slip and feel pros appreciate. Any inscription you desire up to eight words. They come in a clear lucite gift case . . . 2 decks cellophane wrapped. For your own use or as a gift. $4.95 ppd. Glory House Inc. Dept. BHG5, 342 Madison Ave., N.Y., N.Y. 10017.



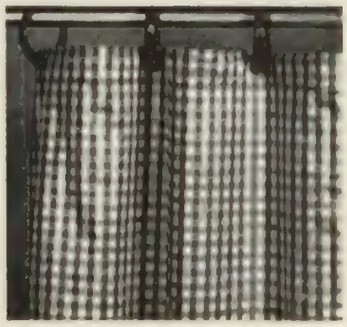
Quick way to shorthand

Just four complete lessons teach you the abbreviated symbols used to speed up dictation and note-taking. Easy course is ideal for students, career women, club secretaries. Revised book includes lessons, practice handbook for developing speed. Good for schools, businesses, too. $2.95 + 35¢ post. J. W. Holst, Inc., BG-54, 1005 E. Bay St., East Tawas, Mich. 48730.



Shower curtain

Gingham shower curtain and window curtain of easy-care vinyl will add charm to your bath. Practical for second home too. In 7 fresh colors: red, green, blue, orchid, pink, black or gold. 6 ft. square, ¼" check. Matching tailored tieback window curtains 54" L, 68" W. Set/ $8.50 + $1 post. Separately, ea. is $4.50 + 85¢ post. Mather's, BHG-5, 31 E. Main, Westminster, MD 21157.



Old time collection

26 different stamps from 50 to 100 years old. Scarce 1864 classic, Belgium "Never on Sunday," ancient Egyptian Sphinx, Ottoman Empire, Balkan Assassination, Great Famine, Bosnia, etc. Worth $2 catalog price. All 10¢. Other stamps for free examination, returnable without purchases, cancel service anytime. Jamestown Stamps, Dept. O-44S, Jamestown, N.Y. 14701.



Sneakers to embroider

The kit includes everything you'll need to embroider sneakers and name and date of your choice: design on homespun, embroidery yarns, needle and complete direction. Finished size: 5" x 7". In choice of red or blue (specify). $3.95 + 45¢ post. 5" x 7" walnut-finished hardwood frame: $3.95 + 45¢ post. The Stitchery, BHG5, Wellesley Hills, Mass. 02181.



continued

GIANT MULTI-COLORED MEXICAN WEDDING HAMMOCK



CAN'T-BE-BEAT VALUE!
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Order Now
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(NOTE: SUPPLY IS LIMITED)

Sleeps 2 or Sits 3 or 4
Hand-Braided Multi-Colored Sisal
Over 10 feet Long

Siesta time is hammock time . . . and this is how to do it! This giant Mexican wedding hammock will sleep 2 or sit 3 to 4 amigos. The gayest multi-colored sisal in all the world has been twisted and braided by hand into the swingiest hammock this side of heaven. In addition to the gentle pleasure of sleeping or just swinging in a hammock, this beauty will fill your garden with a brilliant burst of color, and be a conversation piece for your friends and neighbors all summer long. Hammock is over 10 feet long and for only $5.98 is a very good buy!

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Cast iron clothes rack is a reproduction from the Victorian era. Features five large swing-away arms with three hooks on each arm. You'll have a place to hang hats, coats, scarves, even umbrellas! For bedroom, kitchen or bathroom. Extends 7½" from the wall; measures 14" wide. **$3.98** plus 75¢ post.

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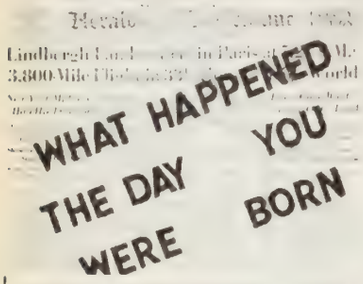


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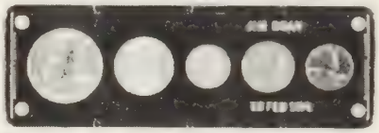
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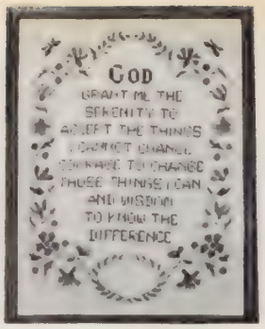
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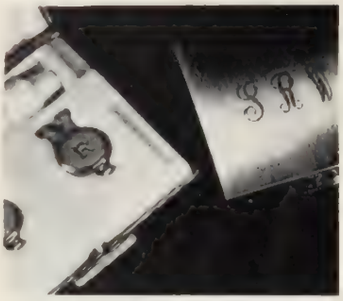
"Serenity Prayer"

Create a sampler with a beautiful sentiment that helps guide life. Stamped on fine quality Belgian linen and ready for colorful cross-stitch embroidery. The kit includes six strand floss and simple instructions. Requires picture frame size 14" x 18". A lovely addition to any home. No. 108, $2.25 + 35¢ post. Order from Heather Kraft, 233 East Erie St., Chicago, Illinois 60611.



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A magnificent sparkler . . . a blue man-made star sapphire . . . set on top of a sterling silver ring setting. Nestling next to it on both sides is a glittery rhinestone. Only the experts can tell it's not the real thing. A lovely gift for that special girl. Send ring size. $7.95 postage paid. Order from Lions, Dept. 82BG, 665 Middle Neck Road, Great Neck, New York 11023.



Contact lens case

Contact wearers will like this solid brass case. Inside there is a mirror and two little plastic pockets that safely hold your lenses and keep them clean and dust free. A bottle for your lens liquid is included. 2" x 2" x ½" deep. The case comes engraved with your initials. $5.95 postpaid. Please specify initials. Order from Bruce Bolind, BHG5, Boulder, Colorado 80302.



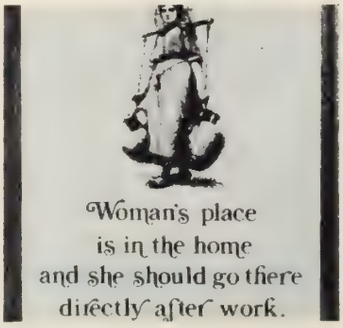
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This adjust-a-power Hose Nozzle has 50% more power and a lifetime leak-proof guarantee. The only adjustable nozzle with solid jet stream. Precision made of solid brass with stainless steel ball bearings. Fingertip control permits adjustable sprays: pin-point, fan and jet stream. No washer needed. $2.69 + 45¢ post. Larch, Dept. BHG-5, Box 770, Times Square Sta., N.Y., N.Y. 10036.



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Spoon collectors will really enjoy their collection as it shines against the warmth of polished pine. Angle-cut niches firmly grip each spoon. 30 Spoon Rack, in Antique or Honeytone Pine finish $16.50. Or easy kit form, $12.95. 50 Spoon Rack, in Antique or Honeytone Pine finish, $21.95. Or easy kit form, $14.95. All postpaid. Yield House, Dept. D45, No. Conway, N.H. 03860.

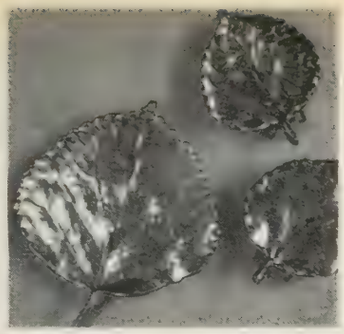


Woman's place plaque

Here's a wry dig that makes humorous argument on both sides of today's most controversial issue. The most delightful sayings are ones like this that take a moment to sink in. Makes an excellent surprise gift for the liberated woman in your life. Hardwood plaque. 4¼" x 6". $3.95 plus 35¢ postage. West-Berg Ent., Dept. BHG-5, P. O. Box 4749, Colorado Springs, Colo. 80930.

Aspen jewelry

Treat your favorite girl to this lovely unique jewelry. No two are alike because skilled artisans have encrusted live aspen leaves in 24-karat gold. A lovely Mother's Day gift, available in Pin (style AP, $7.95 ppd.). Pendant (style AN, $8.95 ppd.) or Earrings (style AE, $6.95 ppd.). Order from Spear Engineering Company, 3080 Spear Building, Colorado Springs, Colorado 80933.



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A neat way to store a complete dinner service for eight. Save valuable cupboard space and prevent chipping and breakage. All-metal caddy with soft vinyl cushioning. Stores 40 pieces, 8 each: cups, saucers, soup bowls, dinner & dessert plates. For your china or everyday dinnerware. 9"H x 11½" across. $3.49 + 75¢ post. Holiday Gifts, Dept. 405-Q, Wheat Ridge, CO 80033.



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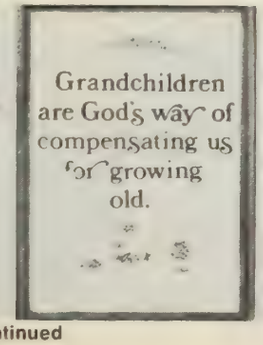
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Grandparents delight

What more need we say? The verse speaks for itself. An adorable little girl and boy are shown in full color playing among the flowers. A treat for any grandmother or grandfather. It comes in white background on a walnut base with black letters, 4½" x 6". 1 for $3.95; 2 for $7.50 postage paid. Order from Bruce Bolind, Dept. BH-5, Boulder, Colorado 80302.



continued

New 1974 Citizen's Guide to Social Security says:

You can collect from Social Security at any age!

Would you like to know exactly how much money, what payment or Social Security payments? And a lot more information about your rights and benefits, including the benefits due you right now under the 1974 Social Security laws?

First, to find out precisely how much money has been paid into your own personal Social Security account fill in the left half of the coupon on this page. It will be sent directly to the proper government agency. This agency will check your personal account and send you a confidential report of your year-by-year contributions to Social Security. You will not be charged for this service not even the price of a postage stamp.

Second, fill in the right half of the coupon. It will serve as an order form for your copy of a new book, 1974 Citizen's Guide to Social Security. If you think Social Security payments are made only to elderly people or folks who have retired, then there's good news in store for you.

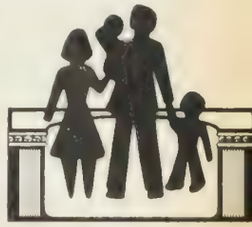
This guide is actually a handbook that translates the language of the Social Security Act into plain English, including brand new Social Security benefits just passed by Congress. Here are just a few of the subjects in this easy-to-read guide:

- ★ How to find out if you are eligible for Social Security benefits right now, regardless of age or income.
- ★ How to make your whole family eligible for Social Security, including your youngest children.
- ★ Is there any advantage to having two Social Security cards?
- ★ How to hold a part-time job and still get Social Security benefits.
- ★ What to look for in a Social Security card.
- ★ How to increase your benefits if you are presently receiving Social Security.
- ★ What to do if your child loses a parent.
- ★ How to get Social Security benefits for students between the ages of 18 and 22.
- ★ How to [illegible] payments in a lump sum.
- ★ What papers you must produce to file a Social Security claim.
- ★ How to get Social Security benefits even if you never worked or paid a penny into it.
- ★ Special Social Security benefits available only to veterans.
- ★ How to be sure your employer is not cheating you on Social Security.
- ★ How to get refund if too much Social Security tax has been withheld from your salary, and how to prevent this from happening in the future.
- ★ How to get benefits for the elderly members of your family.
- ★ What the new Social Security laws just passed mean to you in cash benefits.
- ★ How to estimate quickly what your Social Security retirement benefits should be.
- ★ How to collect Social Security pensions at any age.
- ★ Can you collect greater Social Security benefits after a divorce?
- ★ How to get fast answers to any Social Security problem at the local Social Security office.

This valuable Citizen's Guide can mean hundreds, even thousands of dollars to you and your family right now. Ten million people who receive age or early 30 are receiving Social Security. Why? Should you be one of them? Remember, it is not enough simply to be eligible for Social Security benefits. You must know how to apply for them. This handbook not only tells you what you are entitled to, but how to qualify, whom you should contact and what you should say.

The cost for this 1974 CITIZEN'S GUIDE TO SOCIAL SECURITY is just $3. And this offer is backed by a 100% guarantee. If you are not completely satisfied for any reason, return the Guide and your $3 will be refunded immediately. You will still receive your confidential report on your Social Security account as it has been recorded year-by-year.

Please act now. To get all the up-to-date Social Security benefits you deserve be sure to fill out both parts of the coupon on this page. Mail the completed coupon and $3 in check or money order to American Consumer, Dept SO-46, Caroline and Charter Roads, Philadelphia, Pa. 19154. Your 1974 Citizen's Guide will be sent promptly, and your confidential Social Security report will be mailed to you from the proper government agency in Washington, D.C. as soon as your account has been checked. You owe it to yourself to take advantage of the new Social Security benefits that are rightfully yours. Please mail the coupon now.



REQUEST FOR STATEMENT OF EARNINGS

Please Send a statement of my Social Security earnings to:

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STREET & NUMBER

CITY, STATE

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Build this traditional barn 14 ft. x 20 ft. x 14 ft. 9 in. high. Designed for those who need more space, yet locate well in any home area. Plans call for two 4 ft. double doors and a 4 ft. dutch entrance door, 4 in. concrete floor, plywood loft floor, plans and material list for $3.75. Also plans for 14 ft. x 20 ft. one car garage barn showing a 9 ft. over head garage door $3.75. HAMMOND BARNS, BOX 584, DEPT. BH30, NEW CASTLE, INDIANA 47362.



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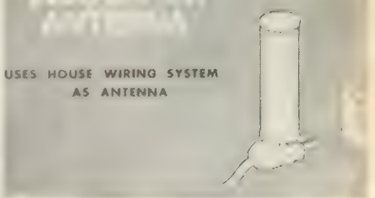
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What My Family Should Know

Contains pages to record all vital information on your insurance policies, real estate holdings, investments, social security, bank accounts—what you own, who to contact. Measures 8"x4⅞"; 64 pages. Durable; ring bound to fold flat for easy use. Order two: one for your safe deposit box, one for home.

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Keep inventory records easily and accurately. You can itemize room by room, cost by cost in this notebook—an excellent method of recording your personal possessions for insurance purposes. Measures 9"x4¼" spiral bound—fits perfectly into your safe deposit box. Order another for updating at home.

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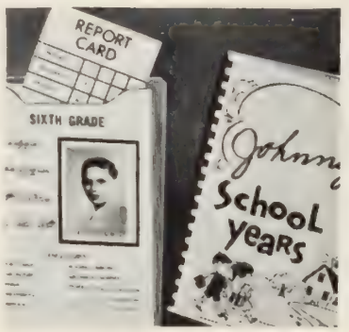
Mason jar shakers

These beautifully reproduced mason jar salt and pepper shakers, bring back those "good old times." A new conversation piece for your table. Real wire bails secure the lids and sealing rings lock in freshness. They are 3¾" tall and $1.98 per pair. 2/$3.49 plus 25¢ post. per pair. Order from American Consumer, Dept. MJ-9, Caroline & Charter Roads, Philadelphia, Penna. 19154.



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English muffin jar



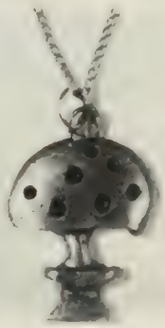
Made of handblown crystal, this graceful jar holds six muffins and keeps them moist and fluffy for days. Thick, rustic cork helps seal in freshness. A specially designed five-prong fork halves muffins with the right amount of rough surface. $8.95 postage paid. Order from Colonial Garden Kitchens, Dept. BHE-5, 270 West Merrick Road, Valley Stream, New York 11582.

Teddy bear chair



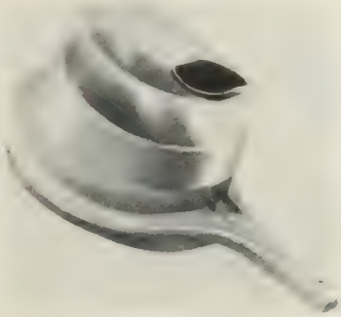
Now you can make a cuddly Teddy Bear Chair for your little boy or girl. With this pattern it's easy and inexpensive too. Kid's will love this comfortable chair. You'll be able to match your own room colors. Complete easy-to-follow instructions with the pattern. $2.00 postpaid. Order from Romar Sales, Dept. RS-45, 227 East 45th Street, New York, New York 10017.

Mushroom mania



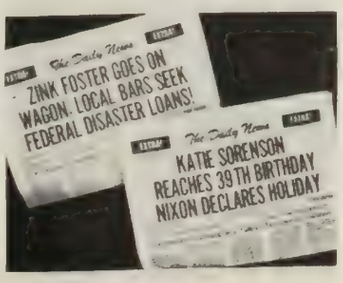
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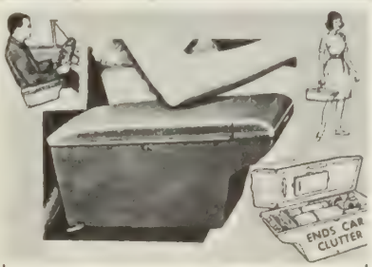
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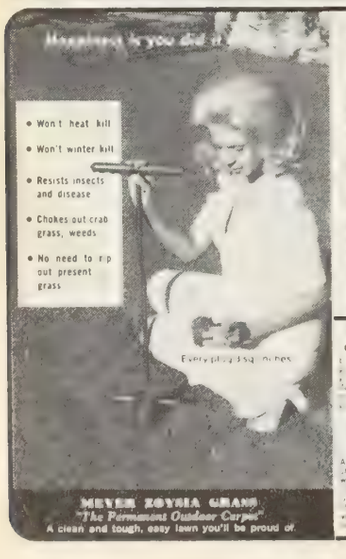
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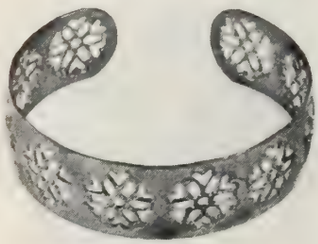
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Grandmother's plate

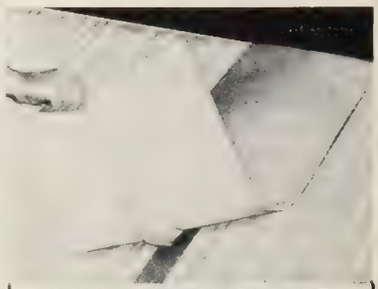
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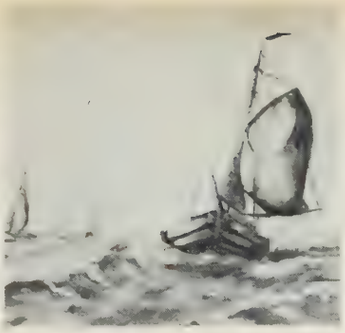
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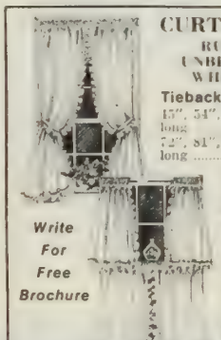
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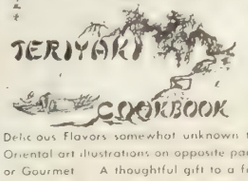


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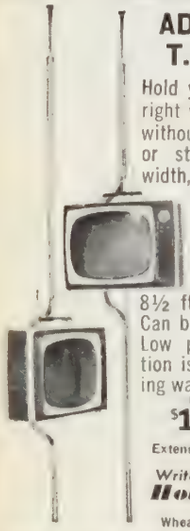
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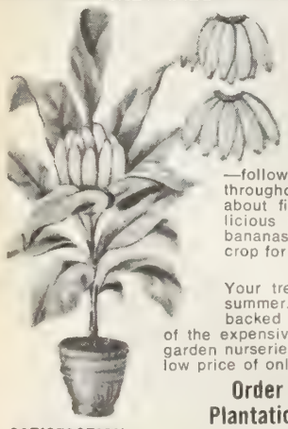
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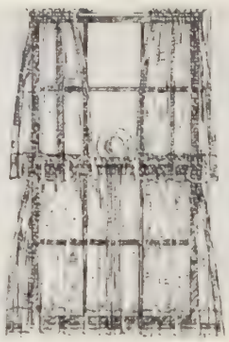
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Very special people

Nature's mistakes . . . they used to call them freaks. The compassion and insight in Frederick Drimmer's new book will have people calling them by the title name Very Special People. Life stories about the ugliest woman in the world, deformed "elephant man", giants, dwarfs. With photos $5.95 + 60¢ post. Broadway Bookfinders, Dept. VE-3, 245 W. 19th St., N.Y., N.Y. 10011.



Bike-o-banner

It's a brilliant fluorescent red safety flag, which waves atop a six foot long fiber glass whip antenna. It makes your cycle visible up to ½ mile. You can be seen coming and going and above the car tops. Comes complete with easy mount bracket. Also, use on dune buggies, mini-cycles, etc. $2.98 + 50¢ post. Crackerbarrel, Dept. BHG-248, 61 Cabot St., W. Babylon, N.Y. 11704.



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Pagoda shaped and handcrafted of genuine Taiwan marble and polished brass. They'll really enhance your table. Marble runs in light and dark shades with straited or mottled effects. Unscrew top and use the shakers as candle holders for small or medium size taper candles. Enjoy them yourself or use as a gift. Set $8.95 + 50¢ post. Westan Inc., Box 97, BHG5, Ogallala, NE 69153.

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These lovely sterling silver hand enameled Edelweiss earrings are tiny bells. They're hand made in Austria with the romantic Bavarian mountain flower Edelweiss adorning the bells. Each delicate petal and leaf is hand enameled on a soft pastel field. Available pierced or screw-back. $9.98, + 35¢ post. Harriet Carter, Dept. BHG-15945, Plymouth Meeting, Pa. 19462.

Golfers



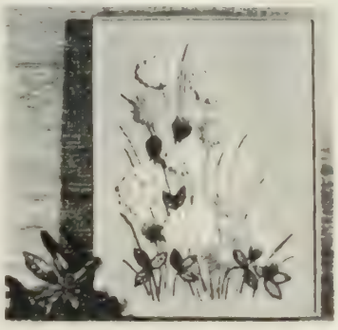
Fore! A pair of golfers, one who's obviously not too happy with his game. You might say it's a before and after situation. Duffer and pro alike will appreciate them. Great as awards after any golf game. Backswing, 5½" high, bending, 5". Order style GM, $7.50 per pair, $3.95 ea., ppd. (specify style desired). Spear Engineering, 3079 Spear Building, Colorado Springs, Colorado 80933.

Teacher's mug



A perfect gift for a favorite teacher. It's both useful and handsome and made of gleamy white porcelain. A hefty non-tip design with golden-glinted "Teacher" inscribed below the burning lamp of knowledge. Holds 8 oz., easy to clean, is ideal for coffee breaks. 3¾" high. #7139 Mug $2.98 + 35¢ postage. Order from Lillian Vernon, Dept. H53, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

Crewel dandelions 'n clover



Fun and fast to stitch, this design will do you proud on any wall. Crewel and heavy weight yarns create a modern dimensional effect. Kit includes design on 27" x 22" natural background; yarns in vivid golds, oranges, red, greens and white; needles and instructions: $5.95 + 55¢ post. The Stitchery, Dept. BHG-5, Wellesley Hills, Mass. 02181.

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Pussycat poster



Poster features an irresistible pussycat to bring forth many a smile. Send it to everyone who needs an incentive to "hang in there". Hang it in the den, office or dormitory to make any room happier. Rich black background with a playful cat. Giant 2' x 3'. A great gift sure to be appreciated. $2.00 + 25¢ post. Holiday Gifts, Dept. 405-N, Wheat Ridge, Colorado 80033.



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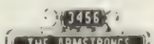
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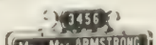
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The man next door

Sandy Giben, a new bank teller, says she doesn't like those fancy checks with the colorful pictures on them. "Last month," she said, "I almost cashed a postcard."

Pretty Elaine Cowan has joined a lonely hearts correspondence club. "This way," she says, "if anything serious develops, I'll have it all down in writing."

I guess the good old days mean something different to everyone. Grandma Hillis says she distinctly remembers when "Saturday Night at the Movies" actually meant going out on a date.

Judy, 11, apparently has a new rock-star singing idol; either that, or she's decided to decorate her bedroom wall with a large poster of the Wolf Man.

Pete Berrs is really wondering about his six-year-old son Mike who won a prize at the county fair and selected a cushion that said, "Sex is nice—I tried it and I like it."

Billy Hawkins, seven, in a man-of-the-world chat with me, said he had been sneezing for a week or two and thought maybe he was allergic to something, adding: "I sure hope it's not television."

Ned Carter says you can tell when you hit middle age by the way it hits back.

Dad Hillis gave away the new exercise book someone gave him for his birthday. "I don't want to touch it," he said. "At my age I might kill myself."

"Spleen Scene," a dance band composed of local doctors, recently was joined in a benefit performance by a quintet of singing nurses known as "The Pans and Needles."

Hank Shroeder, bookish and middle-aged, has acquired a new flair—a sweatshirt emblazoned "Captain, Mamaroneck Sailing Team." Seems the shirt was mistakenly returned with his laundry, and he decided to become an instant athlete.

Four-year-old Sarah Wilson helped pick out the fancy foods that went to Grandpa Hillis on his birthday, which explains why the package included two boxes of animal crackers, a candy bar, and four lollipops.

Billy Byrd's three-year-old daughter already knows which sex she prefers. Pleased with her new dress, she wanted to wear it to nursery school, "To show to all my friends—Jimmy, Bobby, and Mike and Gene and Joe and Hank."



". . . Son, did I ever tell you what a thrill it was the first time I shaved?"



"Today's forecast calls for fire and brimstone"

Cranky old Ed Tollery is making out a new will again. "I'm doing a little more pruning on the family tree," he says.

It was a total surprise this Saturday morning when I saw the note taped to Bud's bedroom door, saying he was leaving home forever. Our squabble about a little problem that sent him to his room hadn't seemed that serious to me.

Now he was gone, a runaway at 13, a boy who had been on a great camping trip with his dad only the weekend before.

Would he be back when he grew hungry? Or had he become one of those runaways who flee and never are heard from again? Should I take it seriously? I didn't laugh.

I quickly got into the car and started a quiet hunt. As I drove, I thought about other runaways—adolescent and adult—who dash into another existence because they think they are in unbearable situations. Had Bud's frustrations become unendurable?

No, I decided, they had not. He had left because he was angry with me. This, and nothing more. Since we had been home alone, he hadn't even had anyone he could blow off to.

Suddenly I saw a familiar figure go into a pizza parlor. My heart jumped and I breathed a small thanksgiving prayer. I parked, sauntered into the pizza house and sat down beside him.

"Let's split a deluxe," I said.

"Okay."

Silence. "You can't start running away every time you have a problem, or are disciplined."

"I know—I was just mad. I'm sorry."

Silence, except for the chewing of pizza.

"Run toward *something, but never run from problems. For most people, life is a long string of problems, big and small, and your best bet is to enjoy solving them as they come along."*

"I really meant it when I said I was sorry," he said. Then he grinned: "But this time it got me a pizza."

"Wrong," I replied. "This is Dutch."

And it was. Even a father has his pride.

Burton Hillis

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If you like the Portfolio dining room, look into our adjoining Patron living room for another romantic Mediterranean point of view. For names of Thomasville Portfolio and Patron dealers near you, call toll-free anytime: 800-243-6000. (In Conn., 800-882-6500.) And to learn how to make decorating beautifully easy, send $2.00 for our beautiful Homemaker's Guide. Write Dept. BH-474, Thomasville Furniture, Thomasville, North Carolina 27360.

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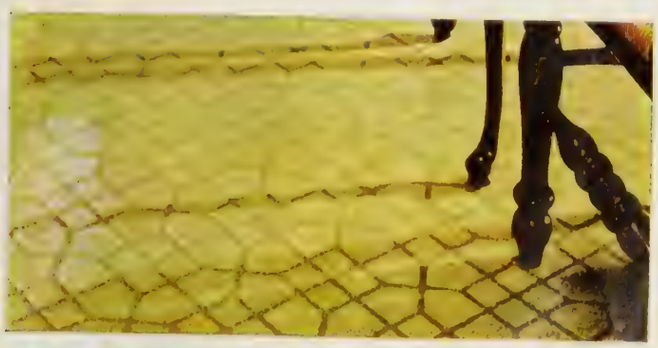
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Eventually heavy-traffic areas may begin to show a reduction in gloss. So, if you need it, your Armstrong retailer can supply a special Solarian Floor Finish for use occasionally to touch up the shine.



You'll find a list of Armstrong retailers in your local Yellow Pages. Many are authorized "Floor Fashion Center™" retailers offering a complete selection of Armstrong floors, color-coordination assistance, and professional installation. Look for this sign.

Now there are more colors and patterns than ever before to sunbrighten your kitchen. Here are three. See them all at your Armstrong retailer. Or, if you'd like, we'll send you a free color brochure. Write Armstrong, 7406 Elm St., Lancaster, Pa. 17604.





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Better Homes and Gardens

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — JUNE, 1974; VOL. 52, NO

CONCERNED CONSUMER
44 How to keep cool—for less

LEISURE PRODUCTS
56 Fishing tackle for kids

BUILDING
34 Find fun in your own backyard

PROJECTS
42 Outdoor furniture you can build

PETS
16 Do-it-yourself dog grooming

FAMILY TRAVEL
121 The wilderness experience in our national parklands

FOOD
31 Cast-iron cooking
32 He cooks: Broccoli bisque
52 How to cut a wedding cake
72 Make a meal special with sauces
82 How to make the dessert on our cover
83 Icy ideas for parties
85 Prize tested recipes:
Homemade ice cream
Potato salads
90 Cooking with seeds
92 Win money for your recipes
96 New look in meat labels
98 Miniature cakes
99 Soy savvy
100 Mint makes it better
106 Surprising "sunchokes"
113 Summer coolers

FAMILY HEALTH
6 What you should know about epilepsy, Parkinson's disease, multiple sclerosis, and other brain disorders
26 Don't let summer bug you

GARDEN
64 Problem-solving vines and ground covers
132 Great games for any size lot
134 Houseplants how-to
136 Gardening in June

DECORATING
58 The stripped down look: undoing the overdone room

CARS IN YOUR FAMILY
18 High-mileage cars: how to find a good buy
24 A guide to camper care
54 Is a car pool for you?

FAMILY MONEY MANAGEMENT
10 What happens if you go bankrupt?
12 How to choose a real estate broker

HOME ENTERTAINING AND CRAFTS
30 See-through settings
68 Extraordinary settings at ordinary prices
80 Sewing special: Cool summer suit

NEWS AND SHOPPING
46 Good news
138 How to order material from the magazine
140 Shopping editor's choice
For shopping information on products shown in this issue, see Buying Guide, page 139

Cover photograph: Bill Sladcik. Recipe, page 82.

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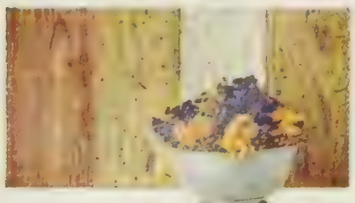
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What you should know about epilepsy, Parkinson's disease, multiple sclerosis, and other brain disorders

The human brain and central nervous system are awesome instruments, far more advanced than the most sophisticated man-made computer. Many of their inner secrets defy even the most inquisitive investigators. But at last science is beginning to understand many of the brain's complexities. In laboratories around the world, researchers are assembling, fragment by tantalizing fragment, a fascinating mosaic of the subtle chemical, biological, and physical processes that govern every human thought, emotion, and action.

And as we have learned more about how these organs function, we are also discovering why they sometimes malfunction. One official of the National Institute of Neurological Diseases and Stroke (NINDS) says, "We have learned more about some neurological disorders in the past 25 years than we did in the previous 2,500." Since fuller knowledge is preliminary to better treatment and control, this is indeed heartening news for many Americans and their families.

Disturbances of the brain and central nervous system have historically been among the most tragic, disabling, and intractable scourges of mankind. Not only do these disorders claim lives, but they sentence many to a lifetime of total or partial disability, and sap medical and financial resources far out of proportion to the numbers afflicted. *Amyotrophic lateral sclerosis (ALS),* for instance, afflicts only about 9,000 Americans and claims 1,400 lives a year, yet the cost of caring for these victims is estimated at over $37 million annually.

Most tragic of all, because neurological disorders sometimes produce bizarre physical behavior, popular opinion confuses them with mental illness—even though the victim's mental powers frequently are unimpaired. The epilepsy patient, for instance, has been shunned for centuries, even though many great men of history, including Julius Caesar, Alexander the Great, and Dostoevsti, were thought to be subject to seizures.

The roll of neurological disorders includes one of the most publicized and dramatically controlled—*polio;* and one of the most commonplace—*headache.* The NINDS estimates there are between 200 and 300 other disabling conditions of the brain and central nervous system, including those resulting from disease, tumor, or injury. Some relatively rare conditions have been widely publicized, such as *ALS,* still known as "Lou Gehrig's disease" for the star baseball player struck down in his prime, and *Huntington's disease,* a hereditary incurable degeneration of the brain cells which killed folk singer Woody Guthrie.

But the most common neurological disorders fall into ten rough groupings. Research has not advanced uniformly against all of them; there remain many mysteries and murky areas. But in virtually all cases the outlook is more optimistic than in the past. Here is where we stand today:

Epilepsy represents one of neurology's recent success stories, from a scientific point of view, at least. The effects of the disorder have been known since Biblical times; ancients "possessed by devils" undoubtedly were victims of epileptic seizure. Science now knows that epilepsy is not a disease, but only a symptom. And, thanks to new drugs and more precise methods of detection and analysis, seizures can actually be eliminated in about 60 percent of victims—and controlled in 20 percent of others. Today epilepsy patients can typically hold jobs, marry, and lead seizure-free lives.

About two million Americans have had at least one epileptic seizure; three million more may be "secret" epileptics, unaware of their condition or hiding it in fear of discrimination against them simply because they have the condition. About half the victims are under 20. The seizure occurs when abnormal electrical discharges in the brain trigger nerve cells controlling certain body movements, causing erratic behavior. The electrical malfunctioning may be caused by brain injury, a disease such as meningitis, a brain tumor, or a congenital condition. In more than half the cases, no cause can be identified.

There are four chief types of seizures. *Grand mal* ("great sickness") is the most dramatic. The victim may cry out, become rigid and even temporarily cease breathing, then fall unconscious and thrash for perhaps minutes in violent jerks of the entire body. He may bite his tongue or lose control of his bladder before the attack subsides and he falls into a typical deep sleep. Although frightening to the onlooker, the attacks offer no physical danger to the victim unless he falls where his head might strike a hard object, but they are, of course, a tremendous embarrassment to him. Grand mal seizures often respond well to treatment.

Petit mal ("little sickness") mainly afflicts children. Its victims have "blank" or staring spells that last seconds and occur as often as several times a day. The child may even be unaware of them. Petit mal seizures usually disappear by age 18, or may continue as other types of seizures.

Focal seizures originate in one part of the brain. The spasm may start in a single finger or toe and then march up the body as more and more cells become affected

continued



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409 The easy way to get your bathroom scouring powder clean.

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continued

Brain disorders

until the whole body is involved. *Psychomotor seizures* are a particular form of focal seizure which seem to begin in the temporal lobe over each ear, and appear to have emotional as well as physical reactions. The victim may be overwhelmed by a sudden vague fear. He may push away people who try to help him, fumble with his clothes, and fling his head and arms around. Psychomotor seizures are the most difficult to treat.

Fortunately, epilepsy can quite often be diagnosed by an electroencephalogram, which measures brain waves by placing electrodes over many areas of the scalp. Even during a seizure-free period, the epileptic's EEG may show a distinct spiky pattern. Telemetry is also being used in difficult cases. This allows recording of brain waves for longer periods under more varied conditions than ever possible with the standard EEG recording.

Drugs have been used to combat epilepsy since the 1880s, but the most successful ones have come along in the last 30 years, and some in the last ten. Fourteen drugs now are used singly or in combination to reduce the intensity or frequency of seizures. And through a technique called gas-liquid chromatography, a doctor can now measure the precise amount of anticonvulsant drugs in a patient's blood, and prescribe the individual dosage which will help him most.

While not as much progress has been made in the social sphere against epilepsy, there have been gains. Pressure by the Epilepsy Foundation of America and others has resulted in the relaxation of many legal restrictions on epilepsy patients. For instance, most schools now accept them on medical certification that seizures can be controlled; the old laws prohibiting marriage between epilepsy patients have largely disappeared. The U.S. Civil Service Commission now forbids hiring discrimination against persons who have been seizure-free for two years, and many states now grant driver's licenses under the same condition. However, unofficial barriers remain. For instance, many epilepsy patients can obtain driver's licenses but cannot qualify for insurance—which effectively bars them from driving. Still, the fight for such simple human rights is making real headway.

Parkinson's disease is a seco success story. This progress paralytic disorder affects 1 million Americans, mostly o 50 years of age, and its syn toms are unmistakable. The v tim walks in a hunched shuf arms held rigidly at the sid hands trembling, his face an pressionless mask. Often he v seem unable to start a moveme and then be unable to stop it or begun. Although the disease seldom fatal, the sympto worsen until the patient is tota disabled.

Thanks to a drug called Dopa, three out of four Park son's victims now can be ma edly helped. The drug builds an earlier finding that Park son's disease is caused by a p gressive failure of nerve tissue the brain stem to produce neurotransmitter. This chemi messenger which carries m sages from one nerve cell to other is called dopamine. L-Dc seems to stimulate the prod tion of dopamine and raise levels to near-normal.

About one in four Parkinso victims cannot tolerate the hea daily doses of L-Dopa because serious side effects that son times produce new spasms a involuntary movements. Mo over, L-Dopa apparently has lasting effect: once the treatm is stopped, the symptoms retu Thus the search for a better dr goes on. Dr. Melvin D. Yahr the Parkinson's Disease Resear Foundation and other researc ers now are experimenting w L-Dopa in combination w other substances which mig eliminate the side effects.

Other research is seeking discover the cause of the disea All that is known for sure is th one variety comes as the aft math of encephalitis. Possi causes for the other varieties Parkinson's include a slow-acti virus which lies dormant years in the body, a dietary c ficiency, a genetic weakness, a a buildup of metallic poisons the system. The latter theory given support by the discove that manganese poisoning c cause symptoms like Parkinson

Multiple sclerosis seems to p sent a bleak picture, yet it is o of the neurological disorders vestigators are optimistic abo "MS" afflicts between 100,0 and 250,000 Americans (w another 250,000 having clos related disorders). Three out five of these victims are wom and most, tragically, in the pri of their lives—between 20 a 40. It is a progressive disease baffling origin which occurs mo

continued on page 114

If Colgate is just a kid's cavity fighter, how come Walt Frazier won't brush with anything else?



One-on-one, nobody gets past New York Knick star Walt Frazier. Not the biggest guy in the league, not even tomorrow's superstar. But basically Walt is a team player . . . a man who has the knack of getting people to work together smoothly. On the court and off. Maybe that's why Walt Frazier is a Colgate man.

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If you like people, be sure you brush with Colgate. Walt Frazier wouldn't think of brushing with anything else.



Colgate with MFP... the breath-freshening cavity fighter.

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Margaret Daly



What happens if you go bankrupt?

In case a financial disaster ever strikes your family—and no family is immune—you can avoid a lot of grief by knowing some basic facts about personal bankruptcy. This knowledge could save you from your worst enemy in such a crisis: panic.

The most comforting fact is that bankruptcy isn't the unrelieved nightmare most people think it is. True, the experience is far from pleasant, and it can leave scars. For example, credit bureaus generally continue to list bankruptcy on credit reports for at least seven years. Some reputable credit grantors simply will deny credit to people who have gone through bankruptcy —and not without reason, since about 17 percent of bankrupts are repeaters. Also, there are certain types of employment that may not be open to people who have declared bankruptcy.

On the other hand, bankruptcy does not have to mean financial death; it can operate more like a rebirth. That's because the U.S. bankruptcy law was designed to *help,* not punish, citizens who sink into debt over their heads.

Some 173,000 nonbusiness bankruptcy petitions were filed in federal courts in fiscal 1973—almost double the number of 1960 and seven times as many as in 1950. The stigma once attached to bankruptcy is fading, and more and more people are turning to this stern but essentially benevolent law as a way out of unmanageable debt. Roughly nine-tenths of bankruptcy cases in a typical year are personal, a against business. Nearly all are "voluntary —meaning that the debtor himself starte proceedings rather than being dragged t court by creditors.

According to a recent study by th Brookings Institution, personal bankrupt span all income and social strata, and thei median educational level is slightly highe than that of the general population. I short, anybody can go bankrupt.

What should you do?

If you ever find yourself drowning in debt your first step should be to try for an in formal arrangement with your creditor that can be settled out of court.

If that fails, your next recourse shoul be to seek the help of a community credi counseling service. These excellent clinic are getting more numerous throughout th country, and they will provide expert, con fidential guidance for little or no charge Your banker or lawyer may know of one Or you can write the *National Foundatio for Consumer Credit, Dept. B, 1819 H St N.W., Washington, D.C. 20006,* for a cop of their clinic directory.

If that approach fails too, it's time t consult your lawyer. Look first into th

Bring home a bag of Kraft Caramels



possibility of handling your debts through something called the Wage-Earner Plan under Chapter XIII of the Federal Bankruptcy Act. Chapter XIII comes under the supervision of the courts, and it should keep your debtors off your back. What the arrangement does is allow you to pay off your debts in installments, rather than have them all discharged immediately, as you do with bankruptcy. Usually the court arranges the schedule so you can retain a goodly portion of your salary while you're paying your debts. However, the arrangement may require the approval of a majority of your creditors. On the other hand, under Chapter XIII you are not officially bankrupt, so your credit files won't list you as such.

As a final possibility, ask about the advisability of declaring bankruptcy. You may be able to get this advice—as well as an opinion on Chapter XIII—free from a lawyer in your company or union.

If you conclude bankruptcy is your only salvation, you will then have to find a lawyer to represent you. Fees for the service vary from state to state, but in a straight personal bankruptcy with no unusual complications your lawyer's bill will probably fall in the range of $150 to $400. He may ask for payment in advance, or he may let you pay in installments after your case is closed. It also will cost you $50 to file for bankruptcy.

How does bankruptcy work?

The initial steps are spelled out in a 1938 amendment to the U.S. Bankruptcy Act. You and your lawyer fill out an Individual Debtor's Petition in Bankruptcy—a simple one-page form—along with Schedule A, listing all your debts and creditors; and Schedule B, listing all your money and property. Your lawyer files these and other papers with the clerk in the U.S. District Court, who then refers them to the nearest bankruptcy referee's office. There are about 200 such referees in the country, all lawyers, all appointed and subject to review by judges of the U.S. District Courts.

The referee looks through your forms, then mails notices to your creditors. From this moment on, most of them will realize the end is near, and they will stop hounding you.

Shortly afterward, the referee calls a "First Meeting of Creditors." In most cases it's the only meeting. Any creditor is entitled to come to this meeting and question you about your financial affairs. In practice, probably only a few of your largest creditors will bother to turn up. At the same meeting, the creditors elect or the referee appoints another key actor in your drama: a trustee. (When you have no assets at all, no trustee is appointed, since he would have no duties to perform.)

How are your assets distributed?

The trustee's job is to collect and organize your assets so your creditors can be paid at least in part. He takes title to your cash, your stocks and bonds, perhaps your house and car—all your property except certain "exempt assets." He usually converts the property to cash: sells your stocks and bonds, for instance. Then, under the referee's supervision, he parcels the money out among the creditors. The amount each creditor gets is governed partly by law (some types of creditors take precedence over others) and partly by informal agreements worked out at the meeting. Some creditors may get a fair share of what you owe; others may get nothing.

Are you stripped down to zero?

No. The federal law steps aside for state laws at this point, and all states insist that

continued

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continued

Bankruptcy

you mustn't be left destitute. You are allowed to keep "exempt assets" to give you a new, running start. In California, for example, you keep any house in which you have an equity of $20,000 or less. All states let you keep clothes and "tools of trade"—which in some states can mean a car. Severely stringent rules are seldom observed to the letter. Creditors rarely insist that you give up old furniture, books, a used TV set, or a ten-year-old car. The task of liquidating such assets would use too much of a trustee's time for too small a payoff.

How long does it take?

The process of liquidating and parceling out your assets usually takes six months to a year. At the end of that time, provided you haven't tried to hide assets or perpetrated any other fraud, the referee grants you a "discharge" from bankruptcy. The case is closed and normally can't be reopened. All your old debts—with exceptions such as those cited below—are considered wiped out. Even though a creditor may only have received two cents on the dollar, he can no longer legally compel you to pay the remaining 98 cents. You are free to make a fresh start. However, you may not file for bankruptcy again for a period lasting six years.

Then are you debt-free?

Not completely. Some types of debts—taxes and alimony, for example—are not wiped out by bankruptcy. Nor are any debts that you incurred through false pretenses. Say you had tried to bail yourself out with a consumer loan and had misrepresented your financial situation on the loan application form; you would still owe money on that loan, despite your bankruptcy.

In practice, all creditors recognize that there is no sense in trying to squeeze juice out of a dry orange. The fact of your bankruptcy advertises that it can't pay anyone to treat you harshly. If you owe back income taxes after coming out of bankruptcy, for instance, the Internal Revenue Service may be willing to compromise with you. You may be allowed to pay the taxes in stretched-out installments, or you may be forgiven part of the debt.

Much is wrong with the present bankruptcy laws, according to the Brookings Institution and other groups, including a congressional committee. In the case of exempt assets, for instance, they would like to see a single federal law replace the confusing array of state laws. If these groups have their way, the Bankruptcy Act may be amended in the next year or two.

But the basic philosophy and effect of the law probably won't change. It says that, if somebody sinks into debt through bad management or bad luck, society gains nothing by throwing him into prison or kicking his family out on the street. The Bankruptcy Act guarantees everybody a second chance. ■

How to choose a real estate broker

Although you might use his services only once, finding the right real estate broker to handle the sale or purchase of your house is almost as difficult as selecting the right doctor or lawyer.

Real estate brokers—or realty agents, as they're also known—are licensed by the states in which they operate. (A "Realtor" is a registered service mark and refers specifically to a member of the National Association of Realtors—formerly the National Association of Real Estate Boards.) While a broker's license permits him to bring buyer and seller together for a fee, he is neither directed nor obligated by law to provide any particular component services in arranging the transaction. Realty agents, of course, differ in their natural abilities and experience. Also, some agents specialize in a given property type, price range, or narrow geographic area. Success with an agent can depend on how well your needs and his background are matched—a match-up that really is your responsibility to search out.

Obviously, it's wise to shop around and ask some pointed questions before you commit yourself to a particular agent. In real estate circles, every buyer is considered a potential seller, and vice versa. Whichever you are today, you will probably be the

continued

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continued

Real estate broker

other in the future, so it hurt to understand both points before you begin. interview several agents you choose. Stop by the of those who have been mended or whose advertis proach seems fresh and r

Keep in mind that the has problems, too. First an active agent has sub overhead, yet he is seldo pensated until he sells som If he balks at providing f tours of your home to peo are not serious shoppers, ample, he's most likely ing good business judgme ond, just as you want to e him, expect him to take s you, especially in terms and financial responsibility the mortgagors will che every claim you make, avoid problems by provid facts. Third, no broker tees the good condition property. If you're shopp a house and have doubts particular property, buy praisal and/or an enginee port on the structure utility subsystems. If you ing, you might want to appraiser's opinion of th erty's value before you s a broker.

What should you look for?

Whether seller or buye save time and effort if fuse to do business with a who can't first give you s tory answers to these fun tal questions:

1) *What are his com policies?* In a real estate tion, the property and the paid are the only tangible there on, you're dealing maze of intangible servic one thing, most state reg bind the agent to the seller lating that the commissio paid by the seller. You co a sticky situation in wh agent, who is naturally toward the seller, must his attention at some toward the prospective without whom there o cannot be a sale. A agent understands this di and serves both sides c tiously and ethically—and always easy. *(Sellers:* W vices will the agent offer y for how long a time, and what conditions? *Buyers* does the agent expect short of a purchase cont justify his all-out effort?)

2) *What is the agree commission rate?* Fees



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hat is the total range of which the agent is pre- offer you and your coun- Competent service will all of these, possibly with ersonal interests added.

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: on whether restricted stricted showing would considering the home's limitations, uniqueness, ilable time, and so forth.

: on value of improve- ojects; how to prepare r showing.

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al information, such as nt tax base of the town ther it is mature or on specific location of pri- referred public schools, of worship, commuter s for teens; specialized service.

eration in buying unde- and for custom building. al to other agents if he p personally; he might odest commission split, es you time.

v much interest does the e in you? Property trans- re among the most per- "public" actions—and time to be just another number. *(Sellers:* Does the agent care about the fine points of your property—especially if it has a history—or is he just interested in the room count and selling price? The considerate agent helps you to set a realistic price. *Buyers:* Does he ask about your family life-style, your future housing expansion needs, your houseguest schedule, your penchant for activity, privacy, or seclusion?) A Connecticut broker, who has developed the concept of the "psychological fit" of a property to its occupants, makes an effort to get his prospects to talk about themselves and their motivations as well as their structural needs.

continued on page 108

True Value
HARDWARE STORES

Bargain of the month

JET X
Pressure Washer and Sprayer
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Patio: lawn furniture, fixtures, fences, pools.

All these tough cleaning jobs... easy now with Jet-X!

Attach Jet-X to your hose . . . sprays on suds, rinses off dirt. Makes cleaning anything in sight easy as turning on the hose. Includes washer-sprayer, aluminum fan-tip nozzle for close work, 11½" nozzle extension and pint of Jet-X suds.



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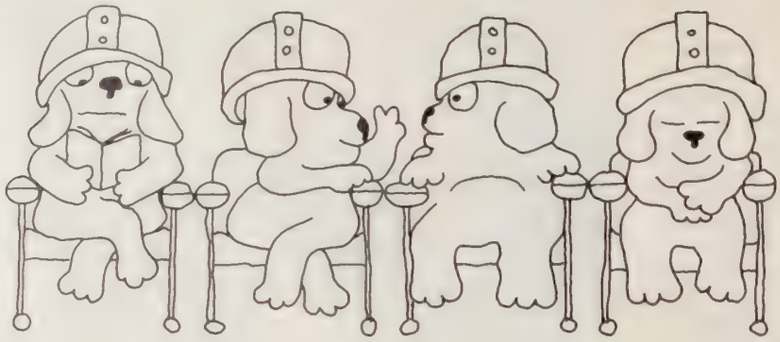
Get this "Bargain of the Month" now while supplies last at your participating True Value Hardware Store.



There are over 4500 True Value Hardware Stores in 50 states. For one near you look under "Hardware" in the classified phone directory

Yellow Pages

PETS Douglas M. Lidster



Do-it-yourself dog grooming

An unkempt dog makes people uncomfortable, and he's likely to be uncomfortable himself. All that dirt and matted hair may be hiding an unhealthy body and who knows what else.

Don't start looking through the Yellow Pages for a professional groomer. If you do the grooming yourself you'll be rewarded with a thoroughly clean dog, not just a fancy clip job. All you need is time, patience, and persistence.

Brushing

A dog brush with metal bristles is best, but if your dog has sensitive skin or a short coat, you can improvise with any stiff-bristled hairbrush. Start by brushing against the direction of hair growth. This backward brushing loosens dirt, shedding hair, and dead skin, and separates the hairs. Don't skip parts of the body just because the dog doesn't like to be brushed there, but do be gentle when brushing the inside of his legs or places that seem tender.

Brushing your dog every day may not appeal to you but it pays. He'll need fewer baths and if he's a long-haired dog, he'll avoid mats. And while you're brushing, you'll discover small wounds, infections, and parasites that might otherwise go unnoticed. Besides all this, grooming sessions are one of the best ways to build your dog's confidence in you. Brushing should be started when the dog is a puppy and continued regularly ever after.

Although most dogs enjoy being fussed over and brushed, some don't like to be handled and may tense up. If your dog seems nervous, a good tactic is to roll him over on his back and brush his belly. This is irresistible to most dogs and they relax in spite of themselves. Then, while your dog's mind is distracted by the belly rub, you can sneak in a few brush strokes on his legs, chest, and sides. Praise him, and you will find him much more relaxed the next time you approach him with a brush.

If you have a long-haired dog and have neglected grooming him, he may be covered with mats. In severe cases, you might as well admit defeat; trying to comb out that kind of a rat's nest is almost impossible and may make the dog permanently shy of grooming. Just clip all the mats off, and vow to brush daily as the hair grows out.

Medium- to long-haired dogs are bound to get a few mats every now and then, and these you can remove without clipping. If the mat is small, such as those found under the ears, pull it out with a metal grooming comb. (It is difficult to untangle dog hair.) If the mat is larger, try cutting through it lengthwise with the scissors, and then comb it out. Some of the hairs will be cut off, but he won't wind up with a bald spot.

In summer months when the countryside is full of burrs, foxtails, and ticks, it's a good idea to do some preventive clipping with electric clippers or scissors. Clip the long hair between the toes, the underside of the ears, and under the tail. Keep any hair that falls over the dog's eyes clipped back too. No matter what you've heard to the contrary, no dog sees well with hair hanging over his eyes. Don't bother clipping if your dog has short hair, but do check him over occasionally. A burr or foxtail can work its way in between the toes or into an ear, and you may not notice it until the area gets sore.

Bathing

If your dog has an unpleasant odor, the source is probably his teeth, ears, or anal glands—or possibly something he has rolled in. Give your dog a bath whenever his coat seems grimy or dusty, or has an unpleasant odo Don't be put off by that old wive tale about not washing a d more than twice a year. A ba is also a good idea after he's bee swimming in the ocean, a sta nant pond, or heavily chlorinate water since the residue can cau an allergic itching reaction. Yo can bathe him as often as once week. You needn't worry abo his skin's drying out provided h has enough oil in his diet. To b sure, you can add a tablespoon o two of corn oil to his daily meal

To bathe him, use any con mercial dog shampoo, casti soap, or baby shampoo, but neve detergents. If fleas are a prob lem, use flea shampoo (regula shampoo only gets the fleas clea it doesn't kill them). Whateve you use, be sure to rinse well.

Before you start, put a fe drops of mineral oil in your dog eyes and a wad of cotton in eac ear. This helps protect him fro soap sting or waterlogged ear These are important precautio if he is to learn that baths don hurt.

Bathing will be easier on yo both if you have your dog stan while being washed. Put him int standing position; if he sits o starts to lie down, firmly mov him back in place. This is a train ing procedure that takes time, s don't be angry if he doesn't ge it right at first. (Practice with hi on dry land). Use warm water i possible. If all you have is a hos then at least choose a sunny warm day for his bath. Afte rinsing, rub him down with towel and let him dry in the su or a warm spot in the house. Hi shaking is good even if it gets yo wet; it warms him up. Be sur to praise him when it's all ove whether it is his first or thirty first bath.

When using flea shampoo, sta by lathering a ring around you dog's neck. This prevents the flea from running up to his head t escape the lather. Do his bod next and his head last. Hold hi head with one hand while wash ing around his face so that h

continued on page 130

Only Kyoto is Kyoto. Only V.O. is V.O.



There is only one Kyoto. Sheltered by the misty Mountains of the Dragon, it has endured for a thousand years as the spiritual heart of Japan.

In the ornate temples and pagodas, golden swords, bronze mirrors, and tortoise-shell combs offer mute testimony to the quintessential art forms developed through centuries of guarded isolation.

Zen's timeless precepts were born in Kyoto, along with Bushido, the code of chivalry, Kabuki, the art of theatre, and Haiku, the art of poetry. Geishas first practiced their shy graces here, surrounded by irises and cherry blossoms, while Samurai roamed the mountains under a pale eastern moon.

So it has been through the years. Only Kyoto is Kyoto. It is as the ancient Emperors wished: a place of serenity, security and seclusion. A city of eternal freshness that sends a quiet music into the air. A one-of-a-kind creation.

Like Kyoto, Seagram's V.O. is also a one-of-a-kind creation. Through the years, V.O. has stood apart, as a whisky uncompromising in quality, with a tradition of craftsmanship that has made it The First Canadian in smoothness. The First Canadian in lightness. And The First Canadian in popularity throughout the world.

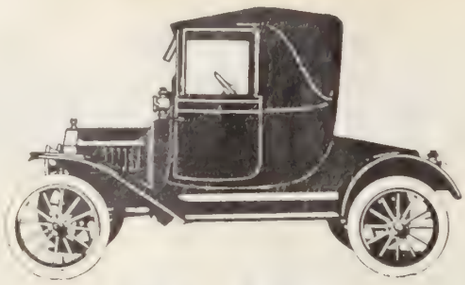


Only Kyoto is Kyoto. Only V.O. is V.O. All the others come after.

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CARS Peter Stephano



High-mileage cars: how to find a good buy

The prospect of paying $3,000 to $5,000 or more for a new car causes many car buyers to head straight for the used-car lot. However, demand there for good cars is brisk, and good cars with low-mileage are in very short supply. Naturally, there's a much better selection of cars with high mileage, but most buyers suspect potential trouble when the odometer shows 40,000 to 90,000 miles.

But you shouldn't be turned off because of high mileage; you could miss out on an exceptional value. A two- or three-year-old car with 60,000 miles can be a better buy than one with very low mileage. For one thing, you can bet that the previous owner took maintenance seriously because he had to be sure of traveling long distances without breakdown. Generally, distance drivers don't abuse cars. And because of advances in metallurgy and lubrication, today's vehicles thrive on high-speed, long-distance travel.

In fact, today's cars won't hold up nearly as well if they are driven only short distances by the proverbial schoolteacher. Such limited use is hard on lubricants, plugs, points, carburetors, valves, exhaust systems, and batteries.

A car with 50,000 miles showing may easily have two-thirds of its functional life remaining. Manufacturers have poured millions into improved technology and product reliability, and the results are showing in the extended life-span of their cars. It is no longer axiomatic that a car needs new valves at 40,000 miles, piston rings at 60,000, or a new engine at 100,000.

With proper maintenance, it is not uncommon for a car to have a useful life of more than 150,000 miles over a period of ten or more years. Dealers have known this fact for some time, and that is why the practice of mileage turnbacks got out of hand. Customers would shy away from a high-mileage car even though it looked sharp and ran well. To get around the problem, many dealers reduced the mileage to make the car more salable.

Today, high-mileage cars are becoming increasingly visible. There are several reasons for the change. Dealers are no longer "creating" low-mileage cars as they did in the past because the government cracked down. The Federal Odometer Law imposes severe penalties for mileage tampering. Another reason: multiple-car families have increased substantially, and they usually trade in the oldest car in the fleet. The interstate highway system has shortened the time required to cover long distances, with the result that most people are driving more miles each year—or were until the gasoline shortage was felt. And, people are hanging onto their cars longer. The slowdown in new-car styling changes has lessened the distinction between model years and reduced the social pressure to be stylish. "Keeping up with the Joneses" is not the principal motive for getting a new car: people are trading for economic reasons.

You can expect substantially lower initial price on a high-mileage car—probably several hundred dollars less than low-mileage "creams puffs" of the same vintage. Here's why. On a high-mileage trade, dealers deduct reconditioning costs from the normal trade-in allowance. On a 60,000-mile car this could be $300, to cover new shocks, tires, brakes, ball joints, exhaust parts, and a tuneup. In addition, dealers deduct for excessive mileage on the trade. As a rule of thumb, $10 is deducted for each thousand miles over 15,000 miles per year. On a two-year-old, 60,000-mile car this would amount to an additional $300 (30,000 extra miles at $10 per thousand). The savings usually are passed on to the next owner. For example, a full-sized car which sold for $4,000 when new retails for about $2,250 as a two-year-old with 30,000 miles. But you might buy the same model for $1,950, fully reconditioned, with 60,000 miles on it. The previous owner obviously has absorbed the high depreciation associated with the first two years of ownership. If you keep the car three years, it will probably still have a trade value of $700 or more. Your depreciation cost would be about $400 per year, compared to the $1,000 annual rate for the first owner.

Not all high-mileage cars are only a year or two old. A five-year-old, 90,000-mile car may not be very appealing, but it may be an excellent buy if your driving mainly consists of "around town" trips. Even at this age and mileage, the car can handle occasional long trips at turnpike speeds. The breakdown risk does increase, however.

Passage of the Federal Odometer Law has brought a much greater degree of truthfulness into the car business. Dealers have necessarily changed their trading policies to fit the new rules. Used cars of the same model and year may vary several hundred dollars in price, depending on mileage and condition. In fact, a three-year-old car with low mileage may carry a higher price than a two-year-old with high mileage, since their prices are being determined by the expected useful miles left. Conversely, if you are a high-mileage driver you should expect a reduced trade-in allowance when you buy. Many dealer advertisements tell the actual miles on a car, enabling you to compare values in the newspaper.

Obviously, not all high-mileage cars are dependable, but you can avoid trouble by making a thorough examination. The best way to check out a car is to put it through the same tests a dealer uses, such as the following.

- A sharp appearance is the first checkpoint, because the power team will normally outlast the car body. Look for excessive dents, evidence of collision damage, missing molding, bad paint, and rusted fenders, sills, or chrome.
- Drive a variety of roads, from country lanes to freeways. Your test run should last at least 15 minutes, starting with low-speed roads and finishing on the high-speed route. Push the car hard; try fast starts and panic stops. Such treatment will reveal defects in steering, brakes, engine, transmissions, or rear axle.

continued



Your kitchen has had that bland look for too long. You can spice it up with just a new Congoleum Cushioned Shinyl Vinyl floor and a little imagination . . .

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To complete your new look, hang bright orange curtains at doors and windows, and coat the walls in olive green. Re-cover chairs, add touches of shiny copper, and display your favorite plants on a sturdy half-ladder.

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"I'm Hank Tobey. I run a company called Terminix. Our business is getting rid of termites, roaches, ants, spiders and other pests that attack American homes. We've been doing this for years. And doing it so well that 94 out of every 100 customers across the country say they'd ask us back again.

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continued

High-mileage cars

Be alert for any grinding, chattering, or screeching noise. Don't worry about body rattles: they are easily fixed.

• When you return to the dealer's lot, leave the engine running and remove the air cleaner. Have someone depress the accelerator several times while you listen for a popping noise feeding back through the carburetor. If the noise is present, it is an indication of a worn camshaft, signaling major repairs in the near future.

• Ask to have a valve cover removed. It is a simple task requiring only a screwdriver or small wrench. Look for a clean, well-oiled appearance on the valve springs, rocker arms, and cylinder head. The absence of sludge or heavy deposits is a good indication that the oil and filters have been changed regularly.

If the car passes these tests, you probably have found a good buy. There is one other indicator that can confirm your evaluation: The dealer should offer an unconditional mechanical warranty for a period of time or accrued mileage. If he won't, you should suspect that he knows something about the car that you do not.

Warranties have changed drastically. Heretofore, high-mileage cars were sold "as is" or with a limited 50-50 split on repair costs. Most dealers now offer a 100 percent warranty on mechanical items for periods up to 90 days. Some offer an unconditional 30-day warranty on the entire car and a discount on parts and labor for another 24 months. Either type is good for you. It is best not to buy a high-mileage car with no written warranty.

The Federal Odometer Law requires that the dealer give you a written statement of the true mileage on the car when you buy it. You may also ask to see the mileage statement given the dealer by the previous owner. The statement will show the name and address of the prior owner and you may confirm your judgment with a phone call. The law also requires full disclosure of any odometer repairs which prevent the mileage from being indicated. In these instances the odometer is to be set at zero miles and a written notice attached permanently to the left door frame indicating mileage prior to repairs.

If the previous owner turns out to be a business, or a rental or leasing company, that's a reasonable indicator of good care. Fleet owners perform maintenance on a regularly scheduled basis in accord with manufacturer recommendations. They trade cars according to a prescribed policy on mileage or length of service at a time when they can recover an optimum amount of their investment. Cars are not usually traded because of mechanical defects; those are fixed. Because of favorable tax laws on depreciation, fleet cars are often traded for less than their actual worth, making them excellent buys. Former taxicabs and police cars are not generally considered good values, but for different reasons. Most taxis have traveled well over 100,000 miles when they are sold. That's a tribute to manufacturing quality and good maintenance, but it means most of the cabs' lives is behind them. Police cars are often in use 24 hours a day, much of that time spent idling or cruising at low speed. This kind of operation, plus sometimes sporadic maintenance, makes the cars old before their time.

Buying a high-mileage car presents the same pitfalls as a deal on a low-mileage "cream puff" or a new car. In all cases, the service reputation of the dealer is a prime consideration. Car dealers do not stay in business and support large facilities by hoodwinking buyers. A reputation for fair, honest treatment and quality service is hard to earn, and few dealers will jeopardize it by fast-shuffling a car deal. Many complaints against reputable dealers stem directly from the buyer's misunderstanding of the deal. The dealer is obligated to answer your questions honestly, but you have to ask them. Otherwise each party may have a different interpretation of the deal's terms.

Dealers are doing a more thorough reconditioning job on used cars today. A car that might have been sold "as is" in the past is now receiving a complete mechanical rejuvenation, and the owner trading in the car is paying for it. You are entirely justified in asking to see the repair

continued



Moving away can be an adventure
for children—the trip to the new home,
the excitement of meeting new friends.
When one gets older and learns
how rare true friends really are,
the parting isn't so easy.

But moving away doesn't have
to mean the end of a friendship. Not when
you can keep in touch by Long Distance.

Long Distance is the next best
thing to being there.



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ANYONE CAN MAKE A SOFA LOOK GOOD IN A STORE.

ETHAN ALLEN WILL MAKE SURE IT LOOKS GOOD IN YOUR HOME.

When you walk into most furniture stores to look at a sofa, they usually have one thing in mind.

To sell you a sofa. Any sofa.

Unfortunately, they're not too concerned whether that sofa looks as good in your living room as it does in their store. That's your problem.

At our Ethan Allen Galleries we think your problem is our problem too. Because as far as we're concerned, we're not just in the business of selling furniture. We're in the business of decorating homes.

And you'll sense that dedication to decorating the minute you walk through our doors.

First you'll see that every piece of furniture is expertly incorporated into dozens of beautifully decorated rooms. Not only to make the furniture more attractive. But to give you an honest feel of how each piece works within a different home environment.

The next thing you'll discover is that we don't have any furniture salesmen. Instead we have expert home planners. People who are trained to help you solve your decorating needs.

Of course, if you have swatches or pictures or a room plan in mind, that will help them help you. But even if you don't, they know all the right questions to ask you.

And no matter what you need to go with your new sofa—from draperies to end tables to ash trays—you'll find it under the same roof. With the same expert home planner to help you.

So visit your Ethan Allen Gallery soon and see a wide variety of beautiful sofas. We'll make sure the one you fall in love with at the store, looks just as beautiful when you get it home.

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We can help you have the home you want.

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continued

High-mileage cars

orders written for reconditioning work on the car you are buying. Dealers keep very careful records of these costs since they add to the inventory investment that must be covered by the sale price.

Aside from the favorable prices and dependable performance offered in high-mileage cars, there are some other benefits of ownership that can help control your total operating costs, such as:

- Insurance premiums for collision damage are lower than on a new car.
- Upkeep and repairs are simpler and cheaper on cars two or more years old. They were built before elaborate, sensitive emission controls and safety interlocks were mandatory. Maintenance on these systems alone can cost $50 to $100 a year.
- Gas mileage will be better on older cars than it is on new models, possibly as much as 50 percent better.
- Parts are more readily available on older cars because there has been more production time and wider distribution. Technicians are more knowledgeable in repairing older models, having had several years' experience with their mechanical quirks.

High-mileage cars are particularly good buys if you want a second car or if you can't fit a new car into the budget. They also make sense for practically anyone who drives less than 15,000 miles a year. ■

A guide to camper care

Vacationing in a recreational vehicle can be fun—until unexpected mechanical failure hits. Then what do you do?

If you pull into the first gas station or auto service garage, you'll likely be told that their mechanics wouldn't have any idea where to look for the trouble, let alone how to fix it.

And if you're referred to a local recreational vehicle dealer, he may or may not be prepared to remedy the situation. You might just pile up excess labor charges while an attendant pours over your rig searching for the answer.

Your best bet is to avoid these crises by making sure your recreational vehicle is in tiptop shape before you leave. That calls for regular maintenance and a thor-







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ough pre-trip examination.

For self-propelled vehicles—such as motor homes, van conversions, and slide-on campers—most of the maintenance will be the same as on your car. That is, the component systems—engine, drive train, and chassis—need at least the regular care normally specified in the owner's manual by the manufacturer. To be sure your vehicle will operate reliably, follow a sound maintenance routine.

For the engine compartment, periodically tighten stud nuts around the carburetor and on the manifold. Make sure the carburetor is clean and the linkage pivot points are lubricated and free-moving. All bolts and screws around the fuel pump and its lines should be checked for tightness. Drive belts on the fan and alternator, air conditioning, and power steering must have the proper tension and not be frayed or otherwise damaged. The air cleaner and fuel filter have to be kept clean for proper engine performance, especially if you do lots of off-road driving.

Oil, its level and condition, is critical on large recreational vehicle engines, so change it and the oil filter at regular intervals. Watch for oil leaks around the filter, the oil pan, rocker arm covers, and any external lines. And always use a good quality oil.

The cooling system ranks with the oil in importance. To keep rust and scale from building up, thoroughly flush and drain the system at least every two years, refilling it with a good glycol-base coolant with rust inhibitor. The radiator, radiator hoses, and water pump must be checked for leaks and loose connections. Hoses must be firm; soft or cracked ones will blow under pressure.

A clean battery with tight connections, good electrolyte level, and no corrosion will be dependable. Dust and caked-on dirt can harm the alternator, generator, or even the distributor, so they must be thoroughly cleaned. All engine wiring must be in a position where jouncing from rough terrain or engine movement won't cause chafing. Engine heat can also melt or burn through the insulation on electrical wiring. Make sure it's out of the way.

And, of course, you should have the engine tuned at least at factory-recommended intervals.

The fluid level in automatic transmissions is critical. Check it regularly. Automatic transmissions fluid is usually red; when it looks brownish, it needs to be changed because it's either dirty or has been burned through overheating. The shift linkage should be inspected for security, too.

Off-road driving is rough on chassis parts; shock absorbers, even heavy-duty ones, won't last as long. Check their condition more frequently than you would on a car. Proper wheel alignment is necessary for good handling but is hard to maintain if you drive around in the rocks or on rough roads. Check for bent tie rods and links. Wheel bearings, both front and rear, should be inspected if the vehicle is used off-road or the wheels are frequently submerged in water. Inspect for rust and corrosion on brake linings, too.

Tires and wheels are your only contact with the road when you're under way, so they demand attention for safety as well as handling. Check rims for dents, lug nuts for tightness, and tires for uneven tread wear, cuts, and abrasions, and proper inflation pressures. Tubes in tires are the best bet if you plan to do much off-road driving.

All wiring for external lights should be given a complete checkup for tightness of connections, breaks, and other potential malfunctions.

When you check over the engine compartment and chassis of your recreational vehicle, remember that there are two major troublemakers: dirt and vibration. Dust collected on back roads combines with moisture and packs the smallest crevice and penetrates the most confined space. Jolts from bumps and potholes are transmitted throughout the chassis and engine, gradually loosening everything that can turn. Any routine maintenance should include a cleaning and tightening procedure.

Since recreational vehicles usually contain one or more life-supporting systems, such as water, gas, and waste disposal, you'll have to check these regularly, too. These systems are not as inherently complex as the engine, suspension, and running gear. Water systems need only to be drained periodically and flushed with fresh water. A stale taste in the system can be removed by adding a mild baking soda solution to the flush.

All you need do for the disposal system is to drain it as required; any serious complications demand the attention of a plumber.

Propane gas systems for heat and cooking are usually as maintenance free as those in your home; just clean the burner heads regularly.

All three of these systems d· require occasional tightening of fittings. You can check propane gas lines for leaks at connections

continued on page 109

dear daddy,
Happy Fathers Day. i hope you like your i had to break my i wanted to buy you a but i couldn't find the right colors. then i thought of a but i didn't know the right size! then mommy and i went in the to the boy, it's a ~~neet~~ neat store. It smells great! They have all kinds of and which tastes so goood. they put lots of differnt stuff in pretty that they call Gift Paks. I know you'll like the i got for you!
with LOVE
Your son CHRIS
age 7 my next ~~Da~~ birthday
P.S. i like that too!

Just like Chris, you'll find a Hickory Farms of Ohio food gift pak ideal for dear ol' Dad. All men enjoy BEEF STICK Summer Sausage, tasty cheeses and other fine specialty foods which are included in the varied gift paks. These are on display in our stores. Take your choice with you or we'll mail — if Dad lives out–of–town. While you're in the store, pick up some "goodies" for yourself. Many of the specialty foods may be sampled before purchase including the 126 kinds of cheese on display.

Don't let summer bug you

It's generally agreed that getting out of the house is good for you. Fresh air and warm sunshine really do make you feel like a new person. However, you should be aware that a few forms of wildlife resent sharing their domain with you—and you don't have to leave your yard to find them. They are insects that bite and sting, and plants that cause itching, burning rashes.

Usually these hazards pose no serious long-term threats to your health and happiness, but they can make you acutely uncomfortable. Here are some tips on how to avoid being bitten or stung, or developing a plant rash —and how to reduce the discomfort if you do become a victim.

Insect bites

Mosquitoes don't really bite; they stab the surface of your skin in the process of inserting their sucking apparatus. Since your skin forms a formidable barrier to the mosquito's microscopic mouthparts, she softens the surface of your skin with specialized saliva.

Since the saliva is a foreign substance, your body sends out antibodies to combat it. The subsequent interaction between the two substances leads to redness, swelling, and itching.

Unfortunately, there is no magic formula to make a mosquito bite go away. But there are several medications on the market that will help relieve the itching. The spray-type sunburn product that takes some of the pain out of a sunburn will also take some of the itch out of a mosquito bite. Cooling the skin with cold compresses, ice cubes, or alcohol also helps.

If any member of your family suffers terribly from mosquito bites, talk with your doctor. He may be able to prescribe a topical antipruritic or systemic medication in tablet form that will relieve itching better than over-the-counter medications.

Chiggers go by many names, b whatever you call this tiny r mite, you know the itching causes can make you almost fra tic. The adult, just 5/1,000 of inch long, sometimes can be se crawling around in moist so However, it's the offspring th like to dine at your expense.

Experts disagree as to wheth or not chiggers actually burr into your skin. While some of t tiny mites closely related to ch gers do burrow into the hos skin, the chigger living off natural prey (man is not a stap feeds till he's full, and then fa off into the grass.

The itching results from a action similar to that set off by biting mosquito. To help bre down the blood he feeds upo the chigger releases a digest substance into the tiny wou he's made. This digestive su stance triggers a release of yo own system's antibodies and it ing starts.

Unfortunately, mosquito pellents are not particularly fective against chiggers. Wh mosquitoes won't land on an a treated with the repellent, ch gers may just wander about your body until the repell wears off. They'll crawl until th reach an obstruction such a sock top, tight belt, or collar, a then dine undisturbed. If yo rub a little sulfur, or even jus bar of soap, around elastic ba and belt lines, you'll discour the chigger from stopping th to rest.

Ticks are large cousins to chigger and their appeara alone makes even the unsqeam shudder. Stealthy creatures, ti bury their heads into a vic without causing pain or itchin

A tick that hasn't attached self is about one-fourth inch lo moves relatively rapidly and easily brushed off. Once it has cided where to dine, the tick immobile. As startled as you r be to discover a tick—often sv

a half-inch diameter—
stily pluck it off. Part of
might remain beneath
in and cause infection.
scout manuals and out-
idebooks are full of tech-
or moving ticks. Some of
thods are simple; some
Lighted matches or burn-
ks from your campfire
se to a tick will encour-
leave in a hurry. But be
not to burn your skin.
ler and equally effective
is to saturate the tick with
spray. The tick will re-
hold and drop off in min-
ver to bite again. Keep a
ne spray in your medicine
d take it along on outings.
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grip and search for a
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n resort to using the flea
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so, a vaccine is available
where the tick population

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g, the *hymenoptera*, are
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e seems to be a bee tree
's' nest near your picnic
ck another location.
down the nest or dis-
wild beehive is poten-
re dangerous than wak-
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NOW THE COOKWARE THAT DOES EVERYTHING, DOES IT BETTER.

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NEW CORNING WARE



Don't let summer bug you

These social insects aren't sociable; they're extremely defensive and have very short tempers.

Knowing the enemy is the best defense. Bees like bright colors and sweet smells. Hornets and wasps like sugary fruit syrups and meat. With that in mind, wear dull-colored or white clothing outdoors and don't use hair sprays, perfumes, colognes, aftershave lotions, or even heavily scented deodorants. Keep picnic foods under wraps until you're ready to eat, and dispose of refuse immediately.

Should a few yellow jackets land on your picnic table, summarily execute them with a fly swatter or rolled up newspaper. Don't try to chase them away—you'll just make them mad. And don't touch a freshly killed wasp or hornet. Even the dead ones can inflict a serious sting.

If your efforts fail and someone gets stung, here's what to do. One bee will sting you just once. Her sting is barbed and stays embedded in your skin, complete with poison glands. As quickly and carefully as possible, extract the stinger, being careful not to squeeze the poison sacs. A shaving stroke with a knife works well, and tweezers are even better.

A hornet or wasp won't leave her sting behind, but will arm herself to sting you again. She rarely gets the chance, though. Reflexively, you'll react so quickly to the intense burning pain that you'll probably knock her off before you're aware you've been attacked.

Taking the burn out of a sting takes a little time. To slow down circulation, apply cold compresses—ice cubes if you have them—to the afflicted area. Mix baking soda into a thick paste, spread it on the stung area, and let the paste dry.

Allergic reaction to the stings of the hymenoptera is not common, but can be very severe when it happens. If you or any member of your family has suffered nausea, fever, or general aches and pains following a bee or wasp sting, see your doctor. You may be allergic to the insect's venom.

Desensitization is very successful for those who are allergic to stings. After completing the program you should keep a prescribed emergency kit in your medicine cabinet and take it along on picnics. While you can pretty well rest assured that a future sting won't bring on a severe reaction, the kit is good insurance. Unfortunately, there's nothing a doctor can do to keep future stings from causing you the same localized pain they cause everyone else.

Plant rashes

Poison ivy and its two close relatives, *poison oak* and *poison sumac,* rank high in the list of vacation-spoilers. Unfortunately, these people-plaguing plants have adapted themselves to so many different climes and terrains that there's almost no place where you can be certain you won't en-

Announci
4-month fl

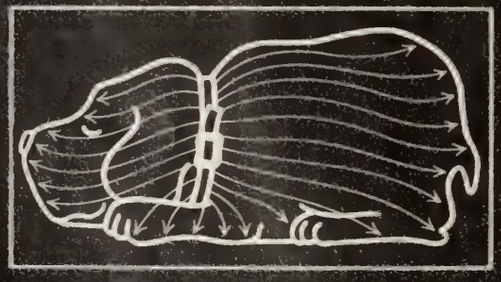
Are you fighting 1974 fleas with a 1965 flea collar?

Sergeant's,® the pet care people, invented the original 3-month flea collar back in 1965. And now they've come up with a whole new breed.



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Actually kills fleas for 120 days, not just 90.



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This unique time-release action mean Sengard is dispensed from the collar so carefully that instead of running out on y after only 90 days, the new Sentry IV Col goes right on killing fleas for another 30

Kills fleas for 120 days, not just 90.

So get the new Sergeant's Sentry IV C for your dog or cat.

It's the only one with Sengard.

It's the first 4-month flea collar.

It's a whol

counter them. Poison ivy thrives in well-drained woodlands and hedgerows, but almost never grows in oak-hickory forests. Oak-hickory forests are the domain of poison oak. And seldom do either poison oak or poison ivy grow where the ground never dries—such as swamps and bogs—but poison sumac does.

To further complicate matters, these plants have developed into so many different local varieties that identification has become extremely difficult. An old saying advises "Leaves in threes, let it be"; yet sometimes poison ivy leaves grow in groups of five or seven. In some areas the plant is a low-lying creeper; in others it's almost the size of a small shrub. Sometimes it has a red stem and waxy leaves; sometimes not. Your best advice is to ask local residents whether or not there is poison ivy or its relatives in the area where you plan to picnic or camp, then ask what the plant looks like and where it grows. If exposing your ignorance makes you feel uncomfortable, swallow your pride. These plants will make you feel much worse.

The itching, burning rash you experience is a contact allergy to *urushiol*, an oily chemical in the plant. One-half to two-thirds of the population suffer from an allergy to this substance. And, as with other allergies, you probably won't react to the urushiol on first contact with the plant. Sensitization takes place through repeated exposure. If you've never had a poison ivy rash, that's no assurance that you never will. If you have had a rash, you must face the unpleasant fact that subsequent exposures may cause more severe reactions.

Long pants are a must on outings. And try to discourage children from crawling and rolling about in lush foliage. When starting a campfire, never use dried underbrush. It may contain poison ivy. The urushiol can then become airborne droplets in the smoke and cause severe reactions.

Although you must contact urushiol to contract the allergic reaction, you don't have to contact the plant directly. Petting a dog or cat that has run through a poison ivy patch could cause your skin to break out in a rash. So could handling clothing or camping gear used where the noxious plants grow.

If you suspect you've contacted poison ivy, wash the afflicted area immediately with soap and water. This won't prevent a rash on those parts of the skin that have contacted the plant (urushiol combines with skin protein almost immediately), but it will prevent your spreading the oily irritant to other parts of the body. A really thorough bath or shower with lots of soap may help to keep the irritation localized. Washing your clothes will help protect other members of your family. The fluid that later drains from the rash itself does not spread the itching.

Once the rash develops, there's really nothing that will hasten its departure. All you can do is try to reduce the itching until the reaction itself subsides. Calamine lotion—an old standby—helps. But if you're really suffering, see your doctor. ■



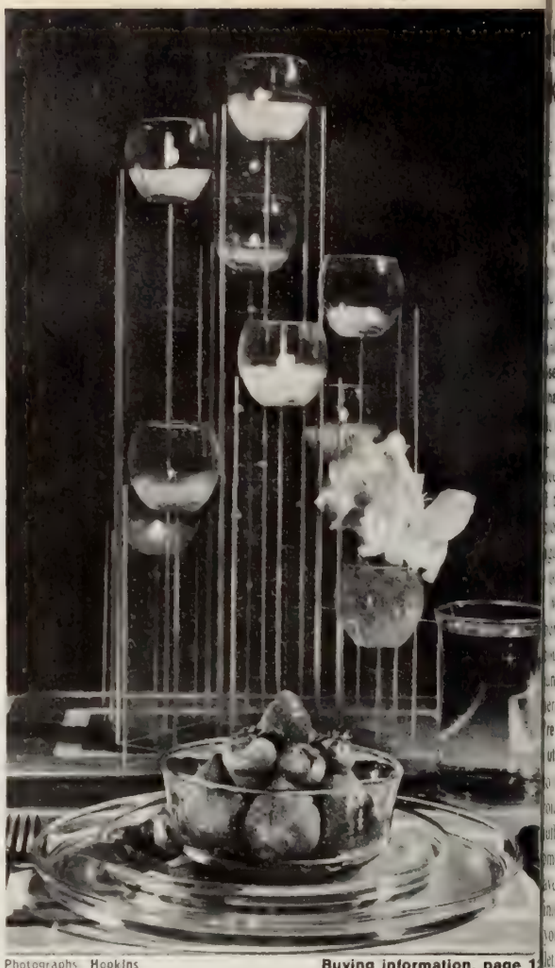


See-through settings

Nothing enhances salads and colorful fruits more than transparent dinnerware. Now you can find whole place settings in see-through materials (machine-made glass, fine crystal, and sparkling plastics), not just salad and dessert plates. Transparent dinnerware has another plus—it harmonizes with any decorating scheme.

Left: Sparkling scalloped glass plates are endlessly adaptable. Use them with a formal Victorian-type candelabra laden with prisms, or team them with any traditional centerpiece. Plate size here is an inspired compromise—a little bigger than a salad plate, smaller than a dinner plate. Two small nosegays in low glass bowls flank the candelabra.

Right: Starkly contemporary raised-rim plates come in graduated sizes: bread and butter, dessert plate, and a dinner plate that's almost a tray and made in heaven for juicy casseroles. Cups, saucers, and tumblers are also available. The bowl shown with fruit is also perfect for salads. Candle-lit centerpiece is plastic.



Photographs: Hopkins

Buying information, page 1

Squeeze Parkay Margarine. Squeeze it for a lot of reasons.



Squeeze it for speed and convenience in the kitchen. It's great for cooking. For sautéing, basting, measuring.



Squeeze it because it's high in polyunsaturates. If you're on a low cholesterol diet, Squeeze Parkay really makes sense.



Squeeze it at the table. It tastes great. The texture's creamy and all ready to go on hot foods.



Or, just maybe, squeeze it because you like to squeeze it.

KRAFT

Division of Kraftco Corporation

t-iron king

yourself lucky if you a well-seasoned cast- et from your grandmoth- ny many young home- are searching antique r this prized cookware. ı use a seasoned skillet, erish it for its non-stick nd ability to heat evenly.

season a cast-iron uten- has lost its patina, coat with unsalted shorten- place the utensil in a ee oven for two hours. the excess grease with loth. Before using the gain, you may need to out once more. After wash it in hot soapy en rinse and wipe dry. our or scrub the utensil nser or put it in the er.

re shopping for a new utensil, you have a wide choose from—Dutch oilers, griddles, and corn uffin, and popover pans. me pre-seasoned, and ve colorful porcelain nishes.

ou've acquired a cast- et, you'll want to try oma.

Photograph: Dieter



Buying Information, page 139

NOMA

r corn or flour tortillas unch treat—

nato, seeded and d (⅓ cup) ons finely chopped

on finely chopped

green chili, seeded ly chopped wine vinegar on sugar on dried rosemary,

on salt er on butter or margarine llas

tomato, celery, onion, egar, sugar, and rose- aside. Beat together the eggs, salt, and pepper; add tomato mixture. Heat butter or margarine in a seasoned medium-size cast-iron skillet till just hot enough to make a drop of water sizzle. Pour in egg-tomato mixture. Turn heat low. Don't disturb mixture till it starts to set on bottom and sides; then lift and fold over with wide spatula so uncooked portion goes to bottom. Continue cooking 5 to 8 minutes or till eggs are cooked through but still glossy. Remove from heat.

Meanwhile, heat tortillas. Top each tortilla with some of the egg mixture. Makes 3 or 4 servings. ■

1974 Clairol Inc., 1 Berdan Ave., Stamford, Conn. 06904.



You don't have to be 21 and blonde to win a beauty contest.

To win our beauty contest, you have to have beautiful gray hair. The kind that comes from using Silk & Silver, the gray enhancing lotion that colors away yellow and brings out white and silver tones brilliantly.

First prize winner will be featured in the next Silk & Silver "Little Old Lady" advertisement, and will win a five-day trip to New York City, Los Angeles or San Francisco for two. Elegant dining and theatre going will be only a part of your adventure. First runner up also wins the all-expense paid, fun-filled trip.

If you're 21 and blonde, we don't want you.

If you're a "Little Old Lady" with beautiful gray hair, we'll love you.



Silk & Silver color lotion for enhancing gray hair, from Clairol.

Official Rules

1. Fill in entry coupon and mail, along with color photograph (not returnable) of yourself, a brief description of your career or hobbies, a Silk & Silver box top (or print Silk & Silver on a 3x5 card) to: Clairol S & S, Box 968, Yonkers, N.Y. 10704.

2. All entries must be postmarked by Aug. 15, 1974 and received by Clairol no later than Aug. 31, 1974.

3. Winners will be notified by Oct. 1, 1974. To obtain the names of the winners, send a separate stamped self-addressed envelope to: Clairol S & S Silver Winners List, Box 968, Yonkers, N.Y. 10704.

4. First prize winner will be featured in a Silk & Silver "Little Old Lady" advertisement, and will win a five-day trip to New York City, Los Angeles or San Francisco for two, chosen at winner's first runner up also wins the all-expense paid trip.

5. Prizes are non-transferable and non-redeemable for cash. The minimum retail value for each prize for 2 is $1,000. Odds of winning will be determined by number of entries. All entries will be awarded.

6. Contest open to residents of United States. Employees (or their families) of Clairol, its affiliated companies, and their advertising agencies are not eligible. Void in Idaho, Missouri, Georgia, and wherever else prohibited by law. Tax liability will be the sole responsibility of the winners.

7. First prize winner shall have Silk & Silver application by a world famous hairdresser prior to appearing in ad.

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Name

Street

City

State

Are you currently using a hair color?

If so, which one?



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Make foods that are good for you taste good

Here's an all-in-one meal of meat, potatoes and vegetables seasoned to perfection. TABASCO liquid pepper sauce, aged naturally for flavor, adds the interesting **ting.**
Serve your new back-to-nature meal right at the table in your Corning®Electromatic Table Range for another "in" idea.

100% NATURE DINNER

- 2 tablespoons oil
- 1 to 1½ pounds flank steak
- ½ cup chopped onion
- ½ cup water
- ½ pound fresh green beans
- 8 to 10 new potatoes
- 2 cloves chopped garlic
- 1 teaspoon TABASCO pepper sauce
- ½ teaspoon oregano
- 1 teaspoon salt
- 1 bay leaf
- 2 fresh tomatoes
- 2 tablespoons bread crumbs (garnish)

Heat oil on setting 400-450 in Corning® Electromatic Table Range. Brown steak and sauté onions. Add remaining ingredients. Cover. When food starts to bubble, turn setting to 275-300 and cook gently for 1½ hours, adding more water if necessary. Add garnished tomatoes during last 30 minutes. Serves 4 generously.

TABASCO



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Broccoli Bisque



Photographs: Dieter,

Harry Santare, a communications specialist in New York City, started cooking at the tender age of seven. He told us the first recipe he ever prepared was popovers. "They looked beautiful, but I threw them out after I broke one open. The inside looked too moist and empty to me. It wasn't till years later I realized my popovers were normal!"

Today his repertoire is a unique mix of Italian recipes, family hand-me-downs, and his own inventions, plus a rapidly growing number of Chinese concoctions. Although he's a bachelor, he does have two official samplers—Yorkshire terriers who are developing very sophisticated tastes.

When he shared his recipe for Broccoli Bisque with us, Harry confessed he created it by accident. "One night I overcooked a bunch of broccoli, and tried to save it by pureeing it in a blender with a large can of chicken broth." Harry likes to serve his chilled bisque as an appetizer or as a later course in one of his now famous Chinese meals.



BROCCOLI BISQUE

Harry suggests serving his bisque with liver pâté sandwiches on Danish pumpernickel, a fresh fruit bowl, and chilled Soave Bolla for a late-evening supper—

- **1¼ to 1½ pounds fresh broccoli, trimmed and cut up *or* 2 10-ounce packages frozen chopped broccoli**
- **2 13¾-ounce cans chicken broth**
- **1 medium onion, quartered**
- **2 tablespoons butter or margarine**
- **1 teaspoon salt**
- **1 to 2 teaspoons curry powder**
- **Dash pepper**
- **2 tablespoons lime juice**
- **8 lemon slices**
- **½ cup dairy sour cream**
- **1 tablespoon snipped chives**

Place broccoli in large saucepan. Add broth, onion, butter or margarine, salt, curry powder, and pepper. Bring to boiling. Reduce heat and simmer, covered, for 8 to 12 minutes or till just tender. Place half the broccoli and broth mixture at a time in blender container. Cover and blend till smooth. Repeat with remaining broccoli mixture. Stir in lime juice. Cover and refrigerate at least 4 hours. Ladle into small bowls. Top with a lemon slice, then a spoonful of sour cream, and a sprinkling of chives. Makes 8 servings. ■



WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $5 for it if selected. No food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, Iowa 50336. Recipes submitted become property of Meredith Corporation.


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Stephen Mead and Beverly Garrett

STAYING HOME SMORE?

FIND FUN IN YOUR OWN BACKYARD

Wondering where you can find a little peace and quiet, an uncrowded spot where the kids can play safely and you can unwind? A trip to a nearby park or beach—awash with people and wobbly paper plates—may be fine once in a while, but for real relaxation on a regular basis, there's no place like home. Go outside and take a look at your own yard. Even the smallest lot has a piece of sky overhead, some sun, and summer breezes. And you can build in a bit of seclusion and/or a place to play without spending a lot. Now's the time to start.

Photograph: William Helms. Designer: Philip Eddy. Source: Eileen Leubecker



Photographs: Fred Lyon. Architect: Sabin, O'Neal, Mitchell, AIA. Source: Barbara East Cathcart



Buying information, page 13





Photograph: William Helms. Designer: Maurice D. Petit. Source: Estelle Guralh

This elevated hideaway, *far ft*, turns a corner of a lot into a rade-schooler's haven. An easy t of steps leads up to the center vel; ladder rungs link the plat- rm and the higher roofed play- use. Railing ropes work just ne for young swingers. The verall dimensions of the four- ot-high playhouse are 5x5 feet. With sand below ensuring soft ndings, *left top*, who (under 12) ouldn't pick the ramp exit from is combination playhouse/storage shed? There's a ladder on the other side, but that's only good for going up. Lower level houses tools, bikes.

Playhouse/storage shed
Better Homes and Gardens Project Plan 4406-7. To order see page 138

● Think vertical and you can build a complete play complex in just a smidgen of space. At every level, this structure, *left center*, tempts the young to stop and have fun. The small fry build castles in the sand; those old enough to climb start on the low platform, then graduate to the top levels. Decks are redwood.

● Relax, banish all thoughts that the phone might ring, and escape to a tree-room for an evening of cards—that is, if you can talk the kids into vacating their domain temporarily. With screens on three sides, this 10x16-foot room, *left bottom*, stays bug-free, cool, and comfortable.

Tree-room
Better Homes and Gardens Project Plan 4406-6. To order see page 138

● Who wants to leave home when all the action centers in your own backyard? This network of play places, *below*, includes a fort, sandbox, and swing set. Ten-foot poles, set in concrete, support the 6x7-foot floor of the fort. Wood poles structure the swing set; underfoot there's a pit filled with pea gravel.

otograph: John Futker. Landscape designer: Phil Thomson, Sunset. Judy Rogawa.



ADD ON TO LIVE OUT

● It boosts privacy to put a little distance between indoor active areas and an outdoor retreat. Of course, you take a loss in food-serving convenience, but that's a small sacrifice for peace. This screen house, *below*, boasts a 9x11-foot floor area; it's combined with redwood decking. Six-by-six-inch redwood poles are used on the corners with 2x6-inch framing in between.

● What fits your mood—Sun worshiping on an open deck or protective pampering on a screened porch? With this plan, *opposite left*, you have a choice. Originally the house had a small, open back porch with steep steps leading out to the lawn. Now, the porch is enlarged, screened, and just perfect for hot-weather meals. A narrow deck wraps around the porch; it not only provides extra seating but works as a transition stage between the high porch and lower level patio. The porch floor extends eight inches beyond the screening all around; on this ledge is a raised board with holes cut in to hold various sized flowerpots securely in all kinds of weather.

● Put your priorities in order—decide whether your first need is privacy, or storage, or seating. Then count yourself lucky if you can find a way to meet two needs simultaneously. This compact outdoor shed, *far opposite top*, handles the garden tools neatly while partially blocking the view of the neighboring house.

● If you weatherproof one section of your outdoor living space, you can settle down and stay comfortable rain or shine. Spells of rainy, cool weather used to

Photograph: Mike Dieter. Landscape architect: E. W. Mahin. Source: Barbara Gordier.



mit live-out hours for the R. runton family of Olympia, Vashington. Now a new covered onversation area, *right center*, djacent to the deck is hospitable ny day. Heating units, recessed the ceiling, take the chill from ool or rainy evenings.

If you're fighting a losing battle save an anemic lawn, the best olution might be to give up. lthough tiny, this backyard, *right bottom*, caused king-sized problems before it was revamped. The soil was hard clay, and lack of sunshine triggered additional grass-growing troubles. A new 20x20-foot patio of concrete squares outlined with redwood stripping solved the lawn problem permanently. To finish the improvement, a tiny 8x15-foot porch was added to provide a shady place for relaxation.

Photograph: Hedrich-Blessing. Architect: J. Robert Green, AIA. Source: Lois Rea



otograph: Hedrich-Blessing. Architect: Mary Lou Drosten, AIA. Source: Lois Rea



Photograph: John Fulker. Architect: Robert Slones, AIA. Source: Kathy Masini





Photograph: Mike Dieter. Owner: C. B. Harstad. Architect: James Thompson. Source: Barbara Gorder

PUT PROBLEM SPACE TO WORK

• If you have a do-nothing ribbon of space at the side of the house, why not treat it to a transformation? This narrow but nice container garden, *right*, not only accommodates favorite houseplants, it improves the outlook from the dining room inside.

• Count yourself lucky if you've built on a steeply sloping lot once considered impossible. Quite

Photograph: Fred Lyon. Source: Barbara Teel



Photograph: Mike Dreter. Landscape architect: H. Baldwin. Owner: T. Cunningham. Source: Barbara Sunset



Photograph: Fred Lyon. Landscape architect: L. Schuster. Owner: E. Smeloff. Source: Barbara Teel



kely, you have natural stands of ull-grown trees that haven't fall- n to progress. It takes some nagination, though, to get total se from your asset. This trian- ular deck, *far left*, stretches out ito the treetops, providing sit- ng and dining space that's an itegral part of the lot's environ- ient. At its widest point, the eck measures 12 feet; it tapers down to six feet at the end. Built-in benches, made from 2x10s, are secured by steel brackets.

● It's the nature of slopes to level off eventually, so if you don't want to work with the hill itself, check for a plateau. It may be just the place for a tiny deck—where you can get away from it all. At the foot of this slope, *center bottom*, an almost-level stretch of ground invited use. To make matters even better, a giant oak tree stood at one end. The new 14x21-foot deck incorporates the tree into its design. Constructed of 2x6-inch redwood and supported by four 6x6-inch redwood posts, the deck compensates for grade differences.

● Forget size, shape, or any other attribute you think an outdoor living center should have. A long, narrow stretch of space can be shaped into service just as effectively as the normal rectangle. Before this gallery deck, *below*, was added, the sliding glass doors of the dining room opened onto a bank of steps leading to an uninteresting strip of lawn. The new deck accommodates four diners easily.

tograph: William Helms. Source: Eileen Leubecker

Buying information, page 139



DO IT WITH DECKING

● The best test of a yard is how it lives, not how it looks. A yard can look sumptuous, and still not be comfortable to walk in, sit in, or entertain in. Compact though it is, this private deck, *top left*, begs you to drop down and catch some sun, or collect friends for an informal party. And the path leads away for lot-line explorers. A privacy screen by the back door secludes deck from view.

● If you tackle it yourself, the results can be great! Sure, building a deck is no project to start on if you've never hammered a nail, but it's certainly not impossible for anyone with a little handyman experience. Architect-owner Thom Thomson used rough-cut cedar for this handsome deck, *bottom left*. Posts are 4x4s with the edges trimmed to make outlines octagon-shaped.

Photograph: William Helms. Architect: John Busby, AIA. Source: Valle Dutcher





Photograph: Hedrich Blessing Source: Lo[illegible]a

Photograph: E. Braun. Landscape architect: J. Matthias. Design sponsor: California Redwood Association



Buying information, page 139

loor planks, nailed on a bias. re 1x6s. The deck sides are x12s, and underneath there are wo poured concrete piers with ouble crossbeams (2x10s) bolted ogether between upright posts. he T-shaped trellis overhead an support hanging plants; it lso patterns the deck with an nteresting play of shadows.

You can suffer from overexpo- ure to the neighbors, even if you're close personal friends. If you have a fishbowl yard, consider adding a small deck screened and baffled with smart fencing. The fencing needn't be a continuous guard; you can plan it more as a view-breaker. This pocket-sized deck, *center*, offers great change-of-pace screens—there's an angled entry section at the far end; a recessed niche behind the bench breaks monotony and opens space for a plant. The deck and fences are built from garden-grade redwood.

● Call a small deck a no-risk investment in relaxation. Even a minuscule extension of a house can banish that hemmed-in feeling. This little deck, *below*, provides most of the amenities found on large decks—there's built-in seating, room for a couple of chairs, good access to indoor living areas, a safety rail, and well placed steps leading to the rest of the garden. Gray-stained fir keys deck to vintage house. Cedar and redwood can both be left unstained. In time, these two woods will naturally weather to gray, with no upkeep necessary. The deck chairs, which had served in the family room for 15 years, were refurbished for new service outside. Wood was stripped.

otograph: William Helms. Source: Bon[illegible] Maharam



outdoor furniture you can build





Our designer collection of outdoor furniture lets you dress up your patio or deck without spending a mint. Each piece is attractive, functional —and economical since you make it yourself. Whether you choose to build one piece or several, you'll find our furniture a handsome addition to your casual outdoor living.

1 These unusual patio stools may look complicated, but they're actually easy to assemble. Build the base from ¾-inch oak, screwed and plugged. Finish with clear fiber glass resin. To wrap the seat, anchor rope in one corner and then wind it over and under one-inch dowels. Plan 4406-1

2 Portability is the outstanding feature of our collapsible deck chairs. You can fold one up pronto and take it anywhere—to the beach or a backyard barbecue. The frame is made from one-inch and 1¼-inch lumber strung on a rope which stretches taut when the chair is set up. Plan 4406-2

3 Entertaining is easier when you set the scene with a detachable sunshade plus patio chairs and serving table. To accommodate large crowds, you may want to make several of each unit. Use ¾-inch plywood as a base for the chairs and table. Make seats, backs, and tabletop from 1x12 lumber stained dark brown.

To make the detachable sunshade, build a six-foot-wide trellis frame









from 2x4s covered with lath in a chevron design. Set the trellis approximately ten feet away from your house and sink the posts into the ground. Run three lengths of one-inch galvanized conduit between the trellis and the house.

Make the sunshade from canvas with casing on each long side. Slip a conduit into casings on either side. (Center of sunshade will rest on the middle conduit which forms a ridgeline for rain runoff.) Bolt one end of the conduits to the trellis and fit the other end into holes drilled in 4x4x4-inch blocks mounted on your house. At the end of the season, remove bolts, pull conduit and canvas away from house, roll up and store. Plan 4406-3

4 These contemporary versions of old park benches make picturesque additions to almost any outdoor area. You can use several on the patio or park one under a shady tree. Cut the bench from ¾-inch plywood and lumber; sand, paint, and cover with a protective finish. Plan 4406-4



5 Our two-part chaise bench stretches a generous 12 feet to provide plenty of seating for guests, or separates for solo sunbathing. You make the bench from 2x12s and 1x4s, using 2x4s and 2x2s as a framework. Be sure to sand all surfaces before you paint or stain the units to suit your needs. Plan 4406-5

Better Homes and Gardens Project Plans No. 4406-1,2,3,4,5.
To order see page 138



How to keep cool—for less

You can keep surprisingly cool without any cooling equipment at all just by weather conditioning your home. And if you do have air conditioning, you can cut the costs of cooling your home (and reduce power demands) by weatherproofing your house—and operating your air conditioner more efficiently. Here's how.

The following steps may lower indoor temperatures by ten to 15 degrees below outdoor temperatures in the hot part of the day without an air conditioner, or reduce cooling costs by a significant amount if you use air conditioning. Check which of these measures you can use.

- Keep shades, blinds, and draperies drawn during hours when windows are exposed to direct sunlight. This may reduce heat gain through windows by up to 50 percent.
- Use storm windows year-round. They help keep heat out in summer just as they keep cold out in winter.
- Minimize the use of heat-generating appliances. For example, barbecue outdoors rather than using the kitchen range. Reserve early morning or late evening hours for ironing, hot showers, etc. These measures keep you more comfortable in an uncooled home, and reduce the demands for power if you use air conditioning.
- Turn off lights when they are not needed. Burning lights, particularly incandescent bulbs, add to the heat in a room.

If you use air conditioning, here are some simple ways to weatherproof your house so your cooling equipment will operate more economically and efficiently.

- Regularly clean or replace filters, whether window unit or central system.
- Minimize the opening of doors to the outside and keep windows closed. If you have children, install automatic door closers.
- Close openings to the attic and other uncooled areas.
- Close off—rather than cool—rooms you use infrequently.
- Keep space free in front of registers and conditioned air outlets to promote air circulation on a central system.
- Outside, keep space open at the back of the air conditioner to facilitate the free flow of air across the condenser.
- Make sure openings and cracks are sealed where you don't want air coming in or going out of the house, such as doors and windows, mail and milk chutes.
- Shade or shield central air conditioners that are exposed to direct sunlight outside.

Outdoor shade also helps lower indoor temperature in hot weather. If your home is not shaded, you may want to investigate the possibility of planting trees, or shading the sunniest exposures with awnings. Since this can be costly, it is wise to get expert advice—and two or three bids—before signing a contract for either landscaping or awnings.

Proper ventilation and adequate insulation are two ways to weatherproof your house for summer and winter. While these measures can be expensive, the initial investment could pay off over a relatively short period of time. It's estimated by some authorities that a properly installed powered attic-space ventilator with a thermostatic control may lower attic temperatures by as much as 30 degrees, thus reducing cooling costs and making the house more comfortable. In many homes updating ceiling insulation from three to six inches alone may cut cooling and heating costs by as much as ten to 15 percent. And a well-ventilated and insulated house should be more comfortable all year around.

Ventilation

Ventilating fans—properly selected and installed—can contribute to your comfort and cut cooling costs by reducing humidity and controlling heat buildup, according to several experts. Powered attic-space ventilators draw in outside air and flush it through the attic. This can greatly increase comfort in uncooled houses, they say. It also may significantly reduce the cost of cooling a home with air conditioning. In fact, with proper attic ventilation you may be able to cool your house with a smaller capacity air conditioner.

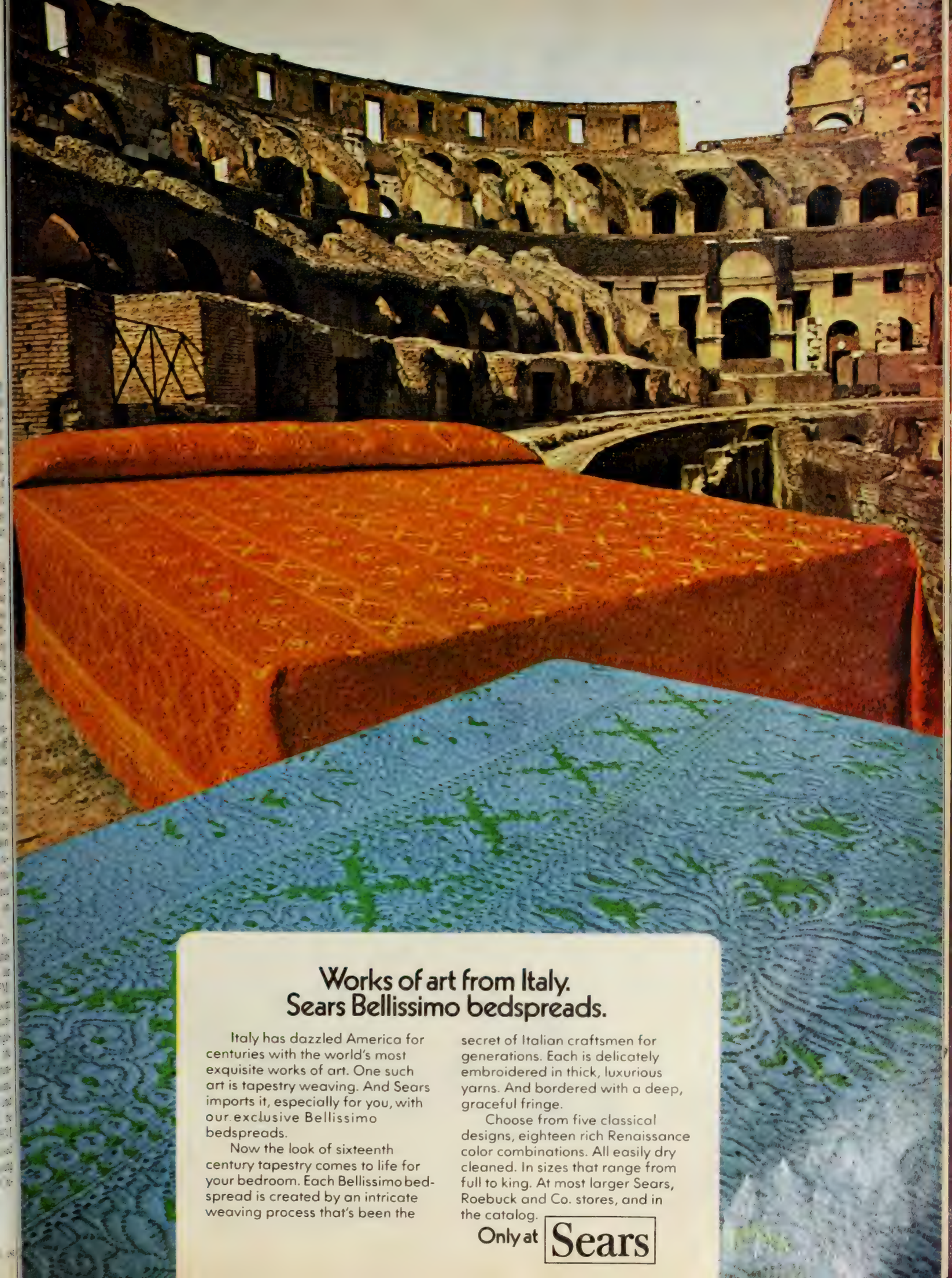
Ventilating fans may also cut cooling costs in the kitchen, bathroom, and laundry area. The fans not only add to your comfort by removing humid air, they also make air conditioners operate more efficiently. Maintaining the proper humidity lessens the overall burden on your cooling system, and allows you to be more comfortable with the thermostat set a few degrees higher.

However, in homes with air conditioning, ventilating fans should be turned off promptly when their job is done to avoid exhausting cooled air to the outside.

Average installed cost of an appropriate powered attic-space ventilator run around $150 to $175, depending on the area to be ventilated and the installation requirements. It pays to start with a reliable dealer who can recommend the proper air movement capacity for the area to be ventilated. Get two or three bids on the job before making a final decision.

Also, look for the Home Ventilating Institute (HVI) certification label. It certifies ventilating performance in terms of air movement in cubic feet per minute (CFM) and the sound output in sones for room ventilators. The Institute has also established standards for desirable air changes per hour for different areas—with the CFM rating required to meet these standards. Two publications, "Certified Home Ventilating Products Directory" and "Home Ventilation Guide," should be available from any dealer who sells HVI certified products, or may be purchased (50 cents each) from Home Ventilating Institute, 230 North Michigan Ave., Chicago, Illinois 60601.

continued on page 110



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Italy has dazzled America for centuries with the world's most exquisite works of art. One such art is tapestry weaving. And Sears imports it, especially for you, with our exclusive Bellissimo bedspreads.

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GOOD NEWS





This one-piece fiber glass swimming pool can be completely insta in one day. In fact, if you have enough water available, your fa could take a swim the same evening the pool is installed.

One-day installation is but one of its assets. Since the pool is m ed in one piece over a sturdy PVC pipe framework, there are no se to weaken and eventually leak. The smooth fiber glass walls are to keep clean and won't support algae growth. And temperature tremes and shifting, settling ground pose no problems, either. walls and floor can flex a full eight inches—movement that w virtually destroy a concrete pool.

The main drain, return inlet, and skimmer are molded right the pool's exterior walls, so the only plumbing connections neces are between pool and filter—and these connections can be m aboveground with plastic pipe. The only connection between house and the pool is the electric wire to run the filter pump.

The main drain features a unique hydrostatic valve that ad ground water into the filter system if the water's pressure exc three pounds per square inch. This prevents the pool from "float up out of the excavation in extremely wet weather.

One-piece Fiber Glass Pools are available in four sizes; 8-b therapeutic pool, and swimming pools measuring 11 by 19, 12 by and 12 by 32 feet. Costs of pools complete with pump and filter tem are $2,400, $2,700, $3,600, and $4,700. Installation costs vary depending on the amount of excavating and grading requ but $400 is a reasonable average. Poolmart, Inc., Box 346, High 17 North, Bartow, Fla. 33830.

continued

A General Electric Potscrubber™ dishwasher is guaranteed to do this. Or we'll take it back.



The old pot on the left has in it what's left of pea soup.

The unretouched picture on the right is the same pot after it has been scrubbed with the brushless water action of one of our Potscrubber dishwashers with Power Scrub® Cycle. Nothing else was done to this pot. No pre-scraping. No rinsing. We washed it right along with a full load of other dirty everyday dishes, glasses and silverware.

You'll get the same results as we have if you'll follow our simple loading diagrams for different sizes and types of loads.

Instructions are provided with every Potscrubber dishwasher we sell.

That's why we can give this guarantee:

"Buy any one of our Potscrubber* dishwashers with a Power Scrub Cycle from a participating General Electric dealer before December 31, 1974.

"If you're not fully satisfied with its performance (and you'll be the judge), notify the dealer within 30 days of your purchase. He'll take back the dishwasher and refund your money. No questions asked."

In addition to pots and pans, you can safely wash fine china and crystal in the normal cycle.

We make a line of Potscrubber dishwasher models to fit into a lot of different kitchens. Four built-ins. Three front-load portables. One top-opening compact portable.

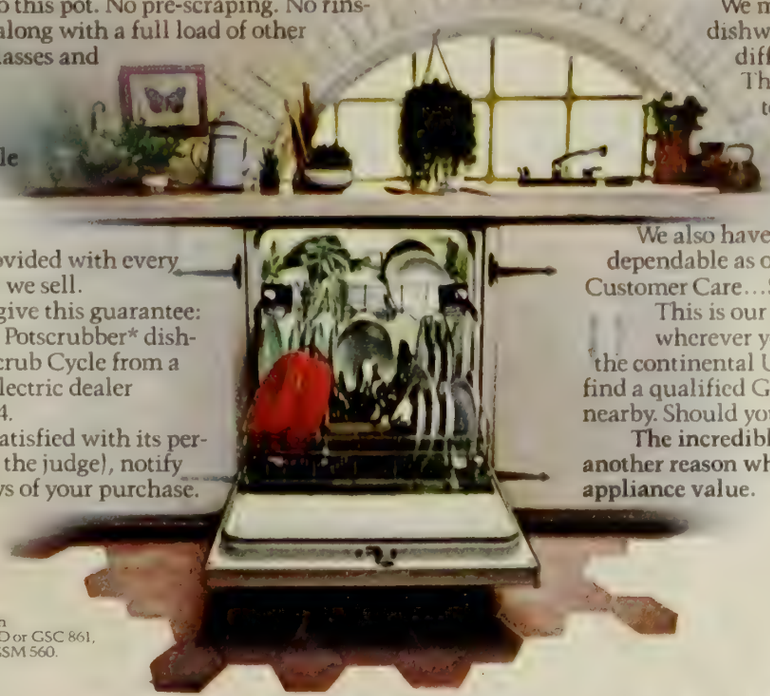
These are some of the reasons why more people use GE dishwashers than any others.

We also have a quality feature just as dependable as our Potscrubber dishwasher. Customer Care...Service Everywhere.™



This is our pledge that wherever you are, or go, in the continental U.S.A., you'll find a qualified GE serviceman nearby. Should you ever need him.

The incredible Potscrubber dishwasher... another reason why GE is America's #1 major appliance value.



*Our Potscrubber dishwashers with Power Scrub Cycle are models GSD or GSC 861, 661, 461, GSC 445, 436, GSD 451, GSM 560.

GENERAL ELECTRIC



The one on top is Purina Variety Menu. It's 95% kidney. No gravy – no cereal fillers! The other 5% contains vitamins, minerals and other nutrients. Now which one has more of the kidney your cat loves, and more of the kidney you're paying for?

For your pet's health . . . see your veterinarian annually.

Purina Variety Menu...20 varieties. All 95%.



GOOD NEWS



A compact, portable air compressor provides all the pressure you n for spray-painting projects. This model can also be the heart of a ho handyman's compressed air system.

The double-insulated, piston-type compressor starts instantly provides up to 65 pounds of pressure when needed, but maintair constant 15-20 psi when powering the spray gun.

The spray gun unit balances comfortably and features plastic n zle and valves that spray paint smoothly and evenly, and cost so l you can throw them away if you'd rather not clean them. The c tainer has a wide mouth and rounded bottom for easy cleaning.

Using the inflator kit, you can pump up all sorts of sports b rafts, and beach equipment—and keep your car's tires properly flated. An optional caulking gun lets you apply caulking compou sealants, and adhesives with professional aplomb. You just pre button and concentrate on applying an even bead; the compre furnishes the muscle.

Black and Decker compressor, with inflator and spray gun $49.99, caulking gun kit, $7.99, in hardware depts. Black & De Manufacturing Co., Towson, Md. 21204.



A good bathtub shower enclosure keeps water in your tub and off bathroom floor. This unique shower door goes one step bett slides up and out of your way when you get into and out of the and when you have to clean it.

Virtually no effort is required to lift or lower the doors. We concealed in the jamb counterbalance the shatter-proof sliding d The aluminum trim can't rust or corrode, and comes clean w damp cloth.

Installation takes just over an hour and the only tools you'll are a screwdriver, a drill, and maybe a hacksaw to cut the horiz member to length.

Up-N-Away Shower Door, $73.70. Unitspan Architectura tems, Inc., 6606 Variel Ave., Canoga Park, Calif. 91303.

continued



Many of the bugs in your home may come from your garbage cans.

That's why you need Shell Can Care.™

It's a fact. Garbage odors attract germ-carrying flies. And garbage cans are ideal gathering places for ants and roaches.

But now you can stop these insect pests before they have a chance to get from the garbage can into the house.

With Shell Can Care. It has a deodorant to mask garbage odors. And a proven insecticide to kill flies, roaches and ants.

Can Care's deodorant and insecticide easily attach inside metal or plastic garbage can lids. And work together up to three full months.

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You'll have cleaner-smelling garbage cans outside your home. And fewer flies, roaches and ants inside.

STORE COUPON

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in this room is the
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Air-Freshener
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Eliminating odors
24 hours a day.



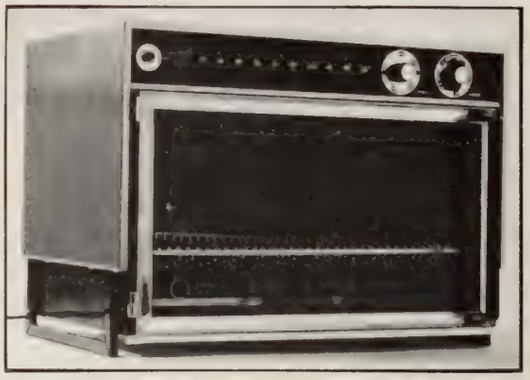
Have you found it yet?

It's easy to understand why Airwick Solid is the world's number one air-freshener. Even though it's not easy to see.

Airwick Solid is the original solid. Just raise the top and it helps to eliminate odors

The World's Number One Air-Freshener.

GOOD NEWS

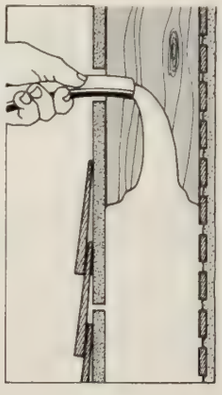


You'll save time and money—and conserve energy—when you ba broil, or roast meals in this compact counter-top oven. It operates any adequate household circuit and consumes just 1,500 watts electricity. That's just a little more than your toaster uses, and ab half of the watts your electric range oven consumes. What's more, inner oven surface is continuous cleaning.

The oven skimps on energy because it heats air and circulate around food, rather than heating the food directly from heating ments. This constant air flow provides the uniform tempera needed for good baking and also seals in natural juices to red meat shrinkage.

You never need to waste energy preheating the oven. Just pop fo straight from the refrigerator or freezer into the unit, set the ti and in about one-third less time than a conventional oven takes meal is ready for the table.

Turbo-Oven, $150 in small-appliance depts. Farberware Divi of I.C.A. Corp., 100 Electra Lane, Yonkers, N.Y. 10704.



home insulation cuts energy consumption—and your fue than any other single factor. While lowering the therm ıg electrical appliances and lights only when needed are ılating an uninsulated or partially insulated house can r ısumption 30 to 50 percent. This foamed-in-place syste nore efficiently than any other post-construction system date. What's more, an average home can be complete in one day.

ısulation contractor bores one-inch holes (under a clap me other inconspicuous place) and injects the nonflam maldehyde foam between inside and outside walls. The e consistency of shaving cream, fills the tiny voids ove ıd doors, as well as the major spaces between studs. Sin also envelops wires and pipes, it eliminates winter plu freeze-ups. In just 60 to 90 seconds, the foam solidifies. It can settle as other blown-in insulations sometimes do. Once cur impervious to vermin infestation.

Rapco-Foam, Rapperswill Corp., 305 E. 40th St., N.Y.C.

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How to cut a wedding cake

When it's time for the bride to choose someone to cut her wedding cake, she doesn't always have to call upon someone with previous experience. Even a novice can do the job well with a little beforehand coaching, a word of assurance, and a sketch or two.

The size and style of the wedding cake will depend on the number of wedding guests to be served at the reception. When ordering the cake, be sure the baker understands that the cake *minus the top layer* must be adequate to serve the wedding guests. For a very large wedding, the wedding cake can be supplemented by trays of sheet cakes decorated in a similar manner. If the number of guests is uncertain, it may be wise to order the decorated sheet cake as a precaution. Any cake that isn't needed can easily be frozen and used another time.



Traditionally the first step in serving a wedding cake (after the bride and groom have cut the first piece) is to remove the entire top layer. This is not offered to the guests, but is frozen so it can be served on the bridal couple's first anniversary.



Mark center tier of cake lightly in fourths with cake knife. Cut first fourth as shown, or start from outside and work toward center. Turn cake knife and cut second fourth at right angles to first. Turn cake and cut remaining fourth.



Mark bottom tier of wedding cake into fourths. (If the cake is large, cut it into eighths, as shown.) Cut the cake as you did the second tier starting from outside and working toward center. It's a good idea to have a slightly dampened cloth at hand to wipe frosting off the knife. For a thoughtful, pretty touch, tie a satin bow of the bride's chosen colors on the handle of the cake knife or server.

SQUARE OR RECTANGULAR CAKE

To cut a square or rectangular wedding cake, lightly mark frosting into parallel sections as shown. It's also a good idea *for the cake cutter to have written instructions or a small diagram* so that she knows exactly how many pieces she is expected to cut from each of the layers. No one wants to run out of wedding cake before all the guests have been served.

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Pioneer Lbr.
DEER LODGE—Affiliated Bldg. Matl.
FORT BENTON—Missouri River Lbr.
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BARTLESVILLE—Hughes Lbr.
OKLAHOMA CITY—Hughes Lbr.
All Leonhardts Big L
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HOOD RIVER—Krieg Millwork
MADRAS—Madras Bldg. Center
MEDFORD—Medford Lbr.
NEWPORT—Oregon Willamette
ONTARIO—Stunz Lbr.
PACIFIC CITY—Pacific City Sply.
PENDLETON—Tum-A-Lum Lbr.
PORTLAND—Cornell's Woodland Park
Fred Meyer Home Imp. Ctr.
Montavilla Lbr.
SALEM—Keith Brown Bldg. Matl.
SANDY—Sandy Lumber & Hardware
SEASIDE—J. W. Copeland Yard
TIGARD—Fred Meyer Home Imp. Ctr.
TUALATIN—Clark Lbr.
VALE—Olsen Lbr.

SOUTH DAKOTA
SIOUX FALLS—Sutherland Lbr.

TEXAS
ABILENE—Payless-Cashways
ADDISON—Payless-Cashways
AMARILLO—Star Lbr.
ARLINGTON—Payless-Cashways
AUSTIN—Calcasieu Lbr
Stripling-Blake Lbr
CARROLLTON—Simms Moore Lbr.
DALLAS—Mellow's Board & Brush
All Sutherland Lbr.
EL PASO—Barcelona Cash Lbr.
Cashway Bldg. Matl.
FT. WORTH—Payless-Cashways
IRVING—Ratteree Bldg. Matl
MESQUITE—Board & Brush, Inc.
ORANGE—Gibsons
SAGINAW—Payless-Cashways
TYLER—Payless-Cashways
WICHITA FALLS—Jim Gentry Lbr.
Norriss Bros. Lbr.

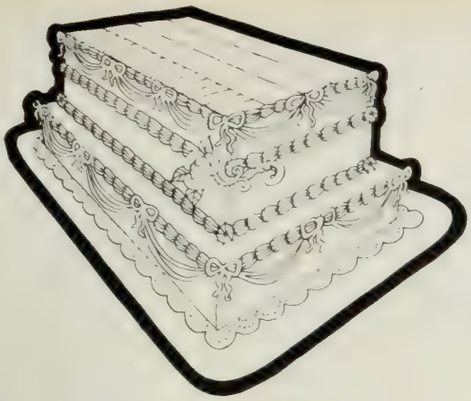
UTAH
AMERICAN FORK—Barratt Bldrs. Sply.
Phillips Ace Hdwr.
BOUNTIFUL—Bountiful Lbr.
E & T Corp
BRIGHAM CITY—Merrell's, Inc.
GRANGER—Anderson Lbr.
Barton's Bldrs. Mart
Skaggs Thrifty Acres
KAMAS—Uinta Lbr.
KAYSVILLE—Kaysville Bldg.
MIDVALE—Websters, Inc.
MURRAY—Cook, Inc.
NEPHI—Winter Lbr.
OGDEN—Allied Bldg. Matl.
Builders Payless Home Lbr. & Bldg Spec.
Ketchum Bldrs. Sply.
OREM—P & L Bldrs. Sply.
Sierra Pacific Ace Hdwr.
PAYSON—Chase Lbr.
PROVO—Anderson Lbr.
Utah Timber & Coal
ROY—Roy Lumber
ST. GEORGE—J & J Mill & Lbr.
SALT LAKE CITY—Burton Lbr. & Hdwr.
Holladay Lbr. & Hdwr.
Ketchum Bldrs. Sply.
Nu-Way Bldrs. Sply.
Stringham Lbr.
Sutherland Lbr.
TOOELE—Bestway Bldrs Service Ctr.
TREMONTON—Anderson Lbr.

WASHINGTON
ABERDEEN—Stouffer Lbr.
ANACORTES—J. W. Copeland Lbr.
AUBURN—Auburn Plywood
Mel's Lbr.
BELLINGHAM—Fred Meyer Home Impr. Ctr.
Warnick Lbr. Yds.
CENTRALIA—Hardel Bldrs. Ctr.
ELMA—Bayview
FEDERAL WAY—Midway Plywood
GOLDENDALE—A & A Bldg. Sply.
KELSO—Baker Lumber
LYNNWOOD—Fred Meyer Home Impr. Ctr.
LONGVIEW—Cashway Sales
Fred Meyer Home Impr. Ctr.
MARYSVILLE—E & E Lbr.
MOUNT VERNON—Paul Bunyan Home Ctr.
J. W. Copeland Lbr.
OAK HARBOR—Paul Bunyan Home Ctr.
OLYMPIA—Soundbilt Plywood Sales
PORT ANGELES—Soundbilt Plywood Sales
PUYALLUP—South Hill Lbr.
REDMOND—Gossard Lbr. & Hdwr.
RIDGEFIELD—Art's Cabinet & Bldg. Sply.
SEAVIEW—Pete's Lumber
SEDRO WOOLLEY—Skagit Lbr.
SPOKANE—Country Homes Bldg. Sply.
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Slice and serve one section of the wedding cake before cutting into the next section. You may want to work with a knife in one hand and a cake server in the other hand. It's wise to have a damp cloth and a glass of warm water nearby, but out of sight, so you can keep the cake knife clean. Before cutting each individual layer, check carefully for and remove any plastic or wooden pegs that may have been used to support the top layer of the wedding cake. If the reception table is skirted, you can conceal a large tray underneath to receive all the parts of the cake stand—the baker will expect to have these returned.

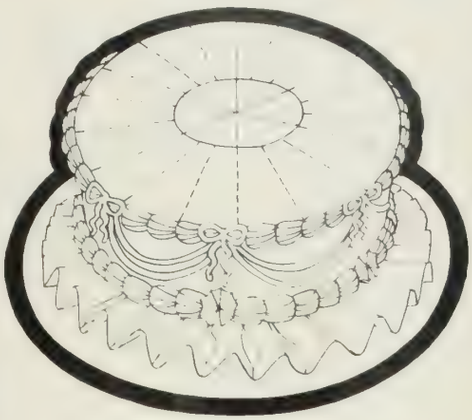
LARGE ROUND CAKE

A large round wedding cake, like the one pictured, is cut in the same manner as the large square wedding cake. Mark the wedding cake into approximately equal sections, usually thirds or quarters—then slice each section into individual serving-size pieces. A round cake will serve more people when cut in this manner. And in addition, it's much easier than attempting to cut the wedding cake in the usual pie-shaped wedges.



SMALL ROUND CAKE

For a very small group of wedding guests (around 25 people or less), the bride may wish to have a small round cake cut into wedges as shown in the diagram. With a small sharp knife, cut a circle three-fourths of the way between outside and center of the wedding cake. First slice and serve the outer circle of the cake. The center circle may then be cut into four to eight wedges depending upon the size and diameter of the cake.



ALTERNATIVE CAKE STYLE

Or, you can avoid the pressure of cake-cutting worries at your reception altogether! Simply order as many petits fours as the number of wedding guests you expect to serve. Chances are your bakery can supply a transparent stand so that the little cakes can be arranged to resemble the traditional wedding cake. If you wish, your baker will be glad to prepare a small cake for the bridal couple's "top layer" anniversary cake.



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Is a car pool for you?

Driving your car to work daily is a hard habit to break, even though it costs far more in these fuel-scarce times than it used to.

Reluctant as you may be to relinquish control over your personal mobility, statistics show that more and more people are doing it. In fact, the car pool as a means of commuting is nearing the popularity that it attained during the 1940s when gas rationing made it a necessity.

How well does car pooling work?

Only as well as it approximates the convenience of individual at-the-door transportation and saves time or money. A well-planned car pool, with riders matched according to where they live and work, can give you fast, convenient, and economical transportation. Some car-poolers have found that they not only arrive at about the same time as when they drove their own cars, but they're much more relaxed.

Of course, not everyone can get into a car pool. Circumstances may make it unfeasible. Your answers to the following questions will help you decide if pooling is for you.

- *Do you work normal hours?* An irregular or unusual schedule will make it difficult to find others with whom to share a ride.
- *How far from work do you live?* A suburban neighborhood will usually have a number of commuters heading in your direction each morning. If you live beyond the suburbs, perhaps you could drive to a pickup point.
- *Is your local mass transit, bus or rail, easily accessible and convenient?* Mass transit may be the answer, if schedules coincide with yours and the fare is reasonable. But some areas either have no mass transit or inadequate systems.
- *Do you use your car during business hours,* or more than once a week for lunch-hour errands? If not, and you otherwise qualify for a car pool, you're wasting money driving to work.
- *Are parking, gasoline, and insurance taking more* than their share of your budget? Car pooling will cost you a fraction of what you're now paying.
- *Can your car be used in the pool?* Your car could be too small or unreliable for a regular schedule, but you can still pay your share of the cost to cover non-driving participation.

If you decide you want to join a car pool but there isn't one available at your place of employment, or those pools that are happen to be filled, you can start one of your own. The procedure is easy, but you'll have to do some careful planning to ensure its success.

Forming a car pool

There are five things to do in forming a car pool: provide information, explain incentives, collect rider data, match members, and distribute route information pertaining to the pool.

Think of providing information to potential car poolers as a miniature public relations campaign. To arouse interest you'll have to cite the incentives. Usually, saving money and door-to-door convenience will suffice, but employers are often able to provide others, such as preferred parking space for car pools. Post a notice on the bulletin board stating your intention and the incentives. After some response, arrange a short meeting to discuss the proposal with those who are interested.

At this meeting you will provide additional information, present the incentives, and collect the data on who lives where and at what times they wish to arrive at and depart from work. Find out who is willing to drive and when. Then schedule a second get-together a few days later.

Matching begins when you have assembled all the information from the interested people at your meeting. Using a stree map, locate exactly where every one lives, then determine th most efficient routes to take t work. To be sure, drive thes routes yourself as you would the car pool were in operatio Remember, the best route i summer may present problems i winter driving conditions, so h prepared with an alternate. R cord the pickup times for eac person, and make copies of th time schedule and route map fo each. Estimate costs if there wi be non-driving members.

The second meeting will be t distribute pickup schedules an route maps, and decide cost, any, car pool rules, and waitin periods at each stop. Set the da for a trial run to iron out an potential difficulties. Routes an rules can be changed after th test period if necessary.

What are the legal responsibilitie of a car pool?

Many people are reluctant to b come involved in a car pool fo fear of a lawsuit resulting fro an accident while they're at th wheel. But according to the I surance Institute there should b little worry in terms of insuran coverage. On a privately own vehicle used in a car pool, insu ance coverage is in danger of i validation only if the pool is o erated for a profit. If everyone the pool uses his car an equ part of the time, there is no pro lem and coverage is unaffecte

A member who pays a fee i stead of sharing the drivi chores could, however, cause d ficulties in insurance coverag This is because liability laws co ering the car pool driver va from state to state according whether or not the state has "guest" statute and how they d fine the term. A guest is usual defined as a non-paying passe ger, and the 34 states that ha guest statutes limit the liabil of the driver transporting a gu to those instances where the dr er is grossly negligent. In t other states a car pool driver

continued on page 119

This house was painted dark gray. We stained it light gold.



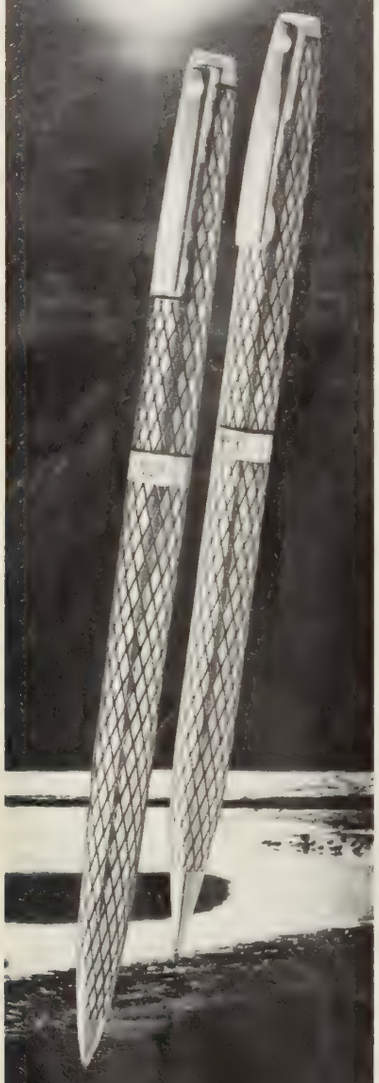
tain over old paint? Sure! Providing your house has rough wood siding, shingles or shakes that have been previously painted or stained, far and away the best way to refinish is with Olympic Solid Color Stain. Why?



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Fishing tackle for kids

Kids and fishing rank alongside peanut butter and jelly as one of the great combinations of all time. But if your four- or five-year-old youngster has to wrestle with a rod and reel resurrected from a hall closet, it's likely he'll wind up with a frustrating snarl of line and leader.

It needn't be that way. Modern fishing tackle helps eliminate many tangles that afflicted older generations of anglers. You can easily equip your young fishing partner with a rod and reel that'll keep the line in the water—and out of your hair.

Choosing a reel

There are four basic rod-reel combinations: *fly casting*, the province of the knowledgeable fisherman; *bait casting*, a popular outfit for fishing stump-filled waters; *spinning*, a link between bait casting and fly fishing; and *spin casting*, a combination of spinning and bait casting—and by far the easiest type for the beginner to use.

Fly casting is not the best way to start a child fishing because the fly reel is used for storing line and playing fish, not for casting. A fly rod casts the line and the lure tags along for the ride. Fly fishing demands a certain amount of precise timing: in the hands of a beginner, a fly rod can produce astounding tangles.

Bait casting may seem uncomplicated compared to fly fishing, but it too presents timing problems. The spool of bait casting reel (at a right angle to the rod) revolves at high speed as a cast lure pulls out line. When the lure hits the water and stops pulling line, the spool can continue to whirl, piling the remaining line on top of itself. To avoid such "backlash" problems, the fisherman's thumb must brake the speeding spool at the instant the lure stops pulling. Most children (and some adults) have trouble timing this quick reflex action.

The *spinning reel*, however, operates on a fixed spool principle. The lure doesn't pull line from a revolving spool. Instead, the spinning reel spool is fixed and parallel to the rod. Line spills from the spool, permitting longer and easier casts since the pull from the lure doesn't have to overcome the spool's inertia.

The spinning reel hangs under the rod, as opposed to the bait casting reel, which sits on top of the rod. To cast with a spinning rod, the child must manually open the line pickup (called a bail), hook the line with his finger, and then cast. The process isn't hard to master, but children invariably have problems that result in poor casts, tangled lines, and sometimes lost tempers.

The *spin-cast reel*, however, is perfect for youngsters. It is mounted on top of the rod (like a bait-casting reel), but the spool is fixed with its axis parallel to the rod, as with the spinning reel. Unlike either the bait-casting or open-faced spinning outfits, the spin-cast reel has a metal or plastic hood covering the spool. The line feeds through a hole in the hood's cone.

This means the spin-cast reel doesn't require precise manual dexterity. The child isn't bothered with a backlashing spool, or the need to open a bail when he casts. He simply pushes a release button, holds it down during the back cast, and then releases it during the forward cast.

Picking out a durable, high-quality spin-cast reel isn't difficult. The first item to check is the pickup drum. This mechanism inside the reel's hood (in front of the spool), puts line back on the spool as you reel in.

There are two different types of pickup drums. The one with small notches on the lip is called a serrated edge. The notches catch the slack line and replace it on the spool. The other type the pin. It works the same w but a pin extends from the c of the drum and spins around inside the exterior hood, cat ing the slack and putting line the spool. Most experts say pin type is more dependable.

One of the most important tures of a spin-cast reel is drag. This is nothing more tha slip clutch that allows line to taken from the spool when strain from a fish or snag proaches the line's break point. Such a release saves m broken lines. Make sure the d is adjustable so you'll be able change the tension as conditi dictate. Test the drag by pull the line through the guides away from the rod tip at r angles. The drag shouldn't line freely, but rather allow i come off the spool smoothly der steady pressure.

Two other features to wa for are line capacity and an a reverse mechanism. A spin- reel should accommodate at l 90 yards of line. A reel that ho such lengths comes in ha when that big fish hits and ta off on a long run. Some fish cies—like the saltwater lady trout, and salmon—are not ous for making runs that str reel bare. If you run out of in the middle of a run, someth has to give—and most often your line.

Also, keep the reel filled full-line capacity. Casting is ier with a full spool because sistance between the line and spool lip is reduced.

An anti-reverse mechan prevents your child from ree backward. Children someti forget which direction their r reel and wind the line in b ward. This results in appal snarls inside the reel's hood, dering it useless until the me cut away.

continued on page 104



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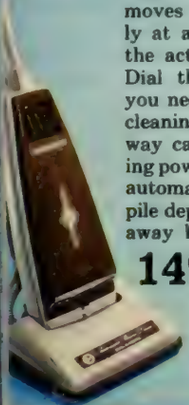
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the stripped down look: undoing the overdone room



Before



Want to simplify your life this summer? Try stripping a room of all its extras. You'll get an environment that's elegant, easy to maintain—and most of all, enjoyable to live in. Our guess is you'll like it so much you won't want to part with it at the end of the summer. Stripping down doesn't mean throwing out what you have. It simply means peeling the unnecessary from your surroundings, ridding your room of too much to care for. By the process of elimination, you clear the scene of clutter—and clear the way for cool, comfortable, carefree living.

Doing away with decorating clichés is the main prerequisite for stripping down. To simplify the "before" room above, we exiled a number of conventional "necessities"—draperies, area rug, pictures over the sofa, easy chair, table lamps, etc. Now, looking anything but bare, the new scene is comfortably dressed for casual living.

The woven-wood Roman shades look spectacular all by themselves, and so does the parquet-patterned floor (another advantage to a rugless floor; you can give your vacuum cleaner a vacation). If you're thinking that the white sofa slipcover is pretty *and* impractical, you're only ri on the first count. The rou textured fabric we used is r chine washable, and very stur To complete the new sumr outfit, we used the same fabric neatly cover the corner table, pillows, and the comforta lounging cushions. With jus few more yards of this versa fabric, we made the contem rary wall-hung banner. Adju able chrome reading lamps mounted on the wall, and seve canister lamps provide atr sphere light. Directions for m ing the three-hole banner ab the sofa and also our trio of fl cushions begin on page **131.**

By
Richard W. Jones
Pamela Wilson Cullison
Robert M. Dittmer



Here's another example of how to succeed with simplicity. The decorating temptation would have been to cover the windows with curtains. Instead, hardly noticeable canvas roll-up shades were made. The predictable painting over the fireplace? It was banished to another room. Keeping the background uncluttered leaves each piece of furniture beautifully exposed; there's nothing to make your mind wander from the relaxing scene. The rich chocolate-colored sofa serves as an anchor for the simple elements that surround it—two Finnish side chairs, an antique chest, and a Parsons table behind the sofa.

Buying information, page 139

the stripped down look:



Nothing but a bed occupies the floor space of this highly contemporary, easy-care bedroom. Storage and display have been incorporated into the total bed design to create a no-fuss, no-frills sleeping environment. The adjustable shelves hang on wall-mounted shelving strips, banded with 1x3s to make them look thicker. In place of a headboard, two fabric-covered bolsters hang from a dowel that's attached to the top shelves. The neat-as-a-pin bedspread treatment echoes the angularity of the homemade sleeping platform. Boston ferns conceal the clamps that hold the two drafting lamps in place.

Buying information, page 139





Cleared of distracting clutter, this hallway window becomes a delight to the eye. The window's gentle curves have no need of concealing curtains. A measure of privacy was needed, however, so a shade was custom-cut to fit the arch. The shade doesn't roll up as conventional shades do—it rolls down from the top. In its rolled down position, it's kept out of sight by a section of galvanized eaves spout that's mounted at the base of the window. To continue the graceful lines of the arch, a fern was placed on a pedestal beneath the window. A solitary black and white graphic is the only other adornment.

Stripping down can be a decorative way to make a small room seem bigger. This extremely small (9x9-foot) dining room was visually expanded by eliminating unnecessary extras, and by minimizing the presence of everything that *had* to be in the room. The glass-topped table doesn't visually devour space the way a solid one would because you can see right through it. (The table, by the way, was made from three-inch pipe with three-point connectors at the corners). Notice even the cupboard is bare of china. For simplicity's sake, an asparagus fern has been placed there instead.

the stripped down look:



Before



To liberate this bedroom from the trappings of tradition, the mirror, artwork, lamps, and headboard were put into hiding. This cleared the way for moving the furniture around. The bed was placed off-center to the wall, and the dresser was moved to where the headboard used to be. Next, the bed was stripped of its spread, and both the mattress and box spring were fitted with basket-weave patterned sheets. A heap of plump pillows and bolsters go on top. What about blankets and a top sheet? They've been replaced with a comforter that can be casually left on the bed, hidden away in a closet—or if you prefer—tossed on the floor.

Contrary to decorating dictums, red can be a tranquilizing bedroom color—particularly a deep, somber red like this one. The beige ceiling is a pleasing contrast to the walls. The off-center placement of the bed rules out nightstands, but they're not missed. The red cube can be moved to the bedside when needed. An extension cord is attached to the pole lamp, so it can be moved around, too. The bed pillows are concealed beneath shams and mixed and matched with giant "snake" pillows you make from a sheet. For complete how-to, turn to page 131.



If you're the kind of person who likes the lived-in look, a room like this isn't for you. But if you're intrigued with minimal, basic beauty, then this is how to achieve it. The simple elegance of each object in the room has been theatrically emphasized by playing white against the grey-brown background. The only "artwork" is provided by the sunlight and shadows that dance on the walls, and the highly polished hardwood floor. Except for an inviting pile of pillows, the bed is almost Spartan. The covering is a linen twill fabric that's been weighted on the edges with double-welt cording trim.

Buying information, page 139

Hand your toughest garden assignments to vines and ground covers —these versatile plants specialize in solving problems. Think vines if you have a stark-looking fence or wall or if you need shade or privacy. Go with ground covers for ugly bare spots or hard-to-mow slopes. And, that's just a sampling of the jobs these plants can do.

By Hamilton Mason and Beverly Garrett

PROBLEM-SOLVING VINES AND GROUND COVERS



Photograph: George de Gennaro Source: Dorothy Campbell



Photograph: George de Gennaro Source: Pauline Graves



Photograph: Lisanti Source: Jane Price

Scorching sun, drought, wind, and poor soil—conditions that would finish most plants—are perfect for cat's-claw vine, *left*. A rampant grower, it covers masonry, stone, or wood with equal ease. Yellow trumpets of bloom cluster over full width and height of vine in early spring. A mature cat's-claw can be 30 feet high; prune after flowering to keep it the size you want. Zone 8.

Admire the saucer-sized flowers close up, or walk a lot's length away —at any range, a clematis vine will please you. Use a rich pink like Ernest Markham, *right*, on a sunny fence; plant a deep purple *jackmani* on a porch trellis; garnet-red Crimson Star looks great on lampposts. Blooming times vary from June to September. Support with trellis or wires. Mulch roots to keep them cool. Zones 3 to 8.

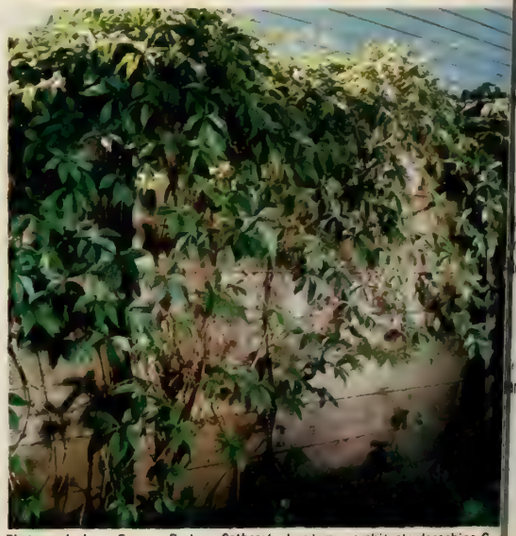
If you want to turn a wide-open porch into a private retreat, set vines to work as screens. This violet trumpet-vine, *left center*, adds shade, privacy, and beauty—yet takes just a foot of growing room at the base. Typically thick and lush, the plant is handsome with or without the flowers which appear in April, then again in July. Give the trumpet-vine trellis support. Zone 9.

Don't be deceived by those old-fashioned flowers. The climbing hydrangea, *left bottom*, is a tough, dependable vine for either sun or shade, and, it blooms all summer. You can let it grow its natural 20 feet or cut it lower. Use on brick, stone, or chain link—the holdfasts can damage wood fencing. Expect slow growth the first year. Zone 5.

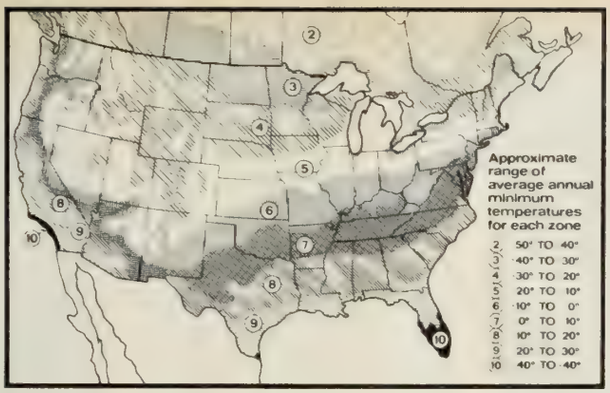
For problem-free performance, you can't beat a native plant growing in its own territory. Five-leaved Virginia creeper, *right bottom*, thrives in the eastern half of the country, where it still grows wild. Even outside its original area, a Virginia creeper outgrows most other foliage vines. Flowers aren't showy. Zone 3.



Photograph: Fred Lyon Source: Barbara C



Photograph: Lyon Source: Barbara Cathcart Landscape architect: Josephine C.



)W-CARE VINES

ME	ZONE	HEIGHT	FLOWERS	SEASON	COMMENTS
nidia arguta **er actinidia**	5	30	Inconspicuous		Deciduous. Fast-growing. Grows equally well in sun or shade. Twining climber. Covers walls, fences—arbor for shade. Only for spacious areas.
bia quinata **leaf akebia**	4	25	Purple	Spring	Semi-deciduous. Moderate- to fast-growing. Flowers small but fragrant. For privacy screening on trellis. Also good ground cover. Twining climber.
pelopsis *ipedunculata* **elain** **elopsis**	4	20	Inconspicuous		Deciduous. Fast-growing. Notable for lavender, turquoise, and deep blue berries at same time in same cluster. For trellis or wall. Tendril climber.
rolochia *ophylla* **hman's-pipe**	4	30	Yellow-green and brownish purple	Spring-summer	Deciduous. Coarse foliage but good for screening. Fast-growing. Generally pest-free. Suitable for city conditions. Needs space. Twining climber. In Zones 9 and 10 use evergreen *A. elegans* (for greenhouse anywhere). Flowers showier and more profuse from spring to fall.
psis radicans **pet-vine**	4	35	Orange-scarlet	Summer	Deciduous. Generally pest-free. Fast-growing. Suited to city or seashore. Tolerates dry soil. Rootlike holdfasts. Best on fence or trellis. Holds to stone or brick but leaves marks when taken down. Don't use on wood. Full sun.
strus scandens **rican** **rsweet**	2	25	Inconspicuous		Deciduous. Showy yellow and orange berries in fall. Generally pest-free. Both sexes needed for berries. Grow on trellis or post. Keep away from shrubs and trees because vine can strangle them.
ra helix **sh ivy**	6	90			Evergreen. Slow-growing. Generally pest-free outdoors but subject to red spider mite if grown as houseplant. Sun or shade. For wall, post, or trellis. Climbs by rootfasts. Variety *'baltica'* for Zone 5. From Zone 7 south use *H. canariensis* (Algerian ivy).
rus latifolia **nial pea**	5	9	Pink, white, rose	Summer	Perennial (dies down in winter). Tendril climber for trellis or fence. Also a scrambler good on rocks or slopes. Any soil. Sun. Flowers not fragrant but long-lasting. Fast-growing.
enocissus *pidata* **n ivy**	5	60	Inconspicuous		Deciduous. Blue-black berries in fall. Good under city conditions. *P. quinquefolia* is Virginia creeper or woodbine. Both are good for stone walls, unsightly poles, or climbing large trees. Red fall color. Fast-growing.
ria floribunda **nese wisteria**	5	35	Violet, white	Spring	Deciduous. Sun or part shade. Good in city. With age, heavy growth needs extra support. Train on anything except a tree. Sometimes stubborn about flowering. Start with grafted plants in containers. Use low-nitrogen fertilizer. In spring, apply superphosphate and root-prune (dig down with spade in circle three feet out from trunk). Fast-growing.

WORK-FREE GROUND COVERS

NAME	ZONE	HEIGHT IN INCHES	SPACING IN INCHES	RATE OF SPREAD	LIGHT	COMMENTS
Aegopodium podagraria 'variegatum' **bishop's-weed, goutweed**	3	8	8-10	Rapid	Sun or shade	Attractive and reliable but invasive. Sprea by underground roots, which persist if y decide to clear an area. To contain, sink metal band between ground cover and la or flower bed. Plant in spring. Divide spring or fall. Dies down in winter.
Ajuga reptans **ajuga, bugle**	4	4	6-12	Rapid	Shade or part sun	Showy blue flower spikes in spring. Roset of foliage are dark green or bronze. Sprea by runners. In dry areas, needs freque watering. Plant in spring or early summ
Asarum caudatum **wild ginger**	4	7	8-12	Moderate	Shade	Shiny evergreen leaves. Purplish flowers spring. Needs moist, acid soil. Good un trees or large shrubs. Ideal for deep sha Plant in spring. Propagate by division rootstock.
Coronilla varia **crown vetch**	3	12-18	36	Moderate to rapid	Sun	Good for steep slopes. Can be weedy. U in areas away from gardens. Showy p and white flowers in summer.
Juniperus horizontalis **juniper**	2	3-4	30-36	Slow	Sun	Handsome covering anywhere, especially a slope. Interplant with annuals until co age is completed.
Pachistima canbyi **pachistima**	5	12	12	Slow	Sun	Evergreen. Needs acid, well-drained s Good with azaleas and rhododendr Dark green foliage turns bronze in fall winter. Branches may self-layer, but do ter if you help them. Start with contai grown plants. Divide in spring.
Teucrium chamaedrys **germander**	5	12	12-24	Moderate	Sun	A shrubby plant often used as a low he Takes well to shearing so it is a us ground cover. Evergreen in warm sect of its range. Plant or divide in spring.
Vinca minor **periwinkle**	4	6	12	Rapid	Shade or sun	Blue flowers in spring. Useful anywhere of special value for slopes and under t Grows in most any soil but slow to sta poor soil. Help by feeding first year or Plant or divide in spring. Cuttings easily. *Vinca major* is for warm Zones 8



raph George de Gennaro Source Jean Taylor Landscape architect R. Smith

When you think of the ornamental value of the silvery blue tufts of this ground cover, *left*, you should call the plant by its glamorous name, *Festuca glauca*. But when you consider its practical nature, the common name sheep fescue seems more in order. The ten-inch wiry clumps grow in sun or shade equally well. Protect it from traffic. Zone 3.

Evergreen pachysandra, *right*, blankets shady, bare spots in a hurry. It's ideal on slopes, or for a stubborn strip of soil along the north side of the house. Pachysandra spreads rapidly by runners; a stand of rooted cuttings set eight inches apart will soon grow into a solid mat. Zone 5.



Photograph Fred Lyon Source: Barbara Cathcart Landscape architect Mary Gordon



aph William N. Hopkins Source Larry Grove

If you have a dry, sunny slope that needs help, look to Japanese fleeceflower. It blooms abundantly and increases rapidly. If the plant has a fault, it would be its prodigal rate of increase. Confine it in a terrace pocket or by a walk. *Polygonum cuspidatum 'compactum' (reynoutria), left,* is just two feet tall when it's fully grown. Zone 5.

Hall's honeysuckle, *right*, will cover any vertical surface it finds to twine on, including shrubs and trees. But, for any confined place—say a berm encircled by a driveway—no other ground cover can give speedier results. It's not fussy about soil or amount of rainfall it gets. Zone 5.



Photograph George de Gennaro Source Dorothy Campbell



aph William Helms Landscape designer D Pollitt Source Bonnie Maharam

Perhaps bears' fondness for berries accounts for the fact that a host of plants are called "bearberry." This, the real bearberry, *Arctostaphylos uva-ursi, left,* is a one-foot ground cover native through most of the United States. It's an evergreen that thrives in sandy or rocky conditions in sun or partial shade. Zone 2.

Primarily popular for its attractive fountain of leaves, liriope, *right,* also blooms. Its blue flowers borne on a spike are reminiscent of grape hyacinths. This ground cover is fine for the shade. Set the young plants nine inches apart in a spot that's protected from foot traffic. Zone 5.



Photo George de Gennaro Source Jean Taylor Landscape architect: C Straub, AIA



oh: Fred Lyon Source: Barbara Cathcart

Be one of the first to discover the easygoing merits of epimedium. It isn't particular about sun or lack of sun. *Epimedium rubrum, left,* produces an effect similar to caladiums, thanks to showy leaves. The nine-inch plants spread by underground runners; set out a few divisions and you'll soon have complete coverage. Flowers are yellow. Zone 3.

What blooms gaily in early summer, works well in a rock garden, and requires mini-care once started? Cerastium, of course. (It's also known as snow-in-summer.) One plant, *right,* can produce a whole drift of flowers in June. Plant it in the sun; cut back annually to size you want. It tolerates drought. Zone 2.



Photograph Fred Lyon Source Barbara Cathcart



Extraordinary Settings at ordinary prices

By Elizabeth D. Craster

Who says you have to pay a fortune for good design and craftsmanship? True, assembling table settings from scratch (or even giving your table a new look) can be a pretty expensive proposition, but we've managed to put together five spectacular tables for under $200 each. Our sources are readily available ones—you'll find the merchandise in affiliated catalogs/department stores and general merchandise stores. The trick is to put all these table treasures together with flair and flourish. That's where you need a selective eye and a bit of crafts know-how. We've listed the prices for the basic tableware (china, glassware, and cutlery) with each picture. You may want to use your own accessories, but if you yearn for the table accents shown (like candlesticks and comports) you'll find them priced on page **102**. We chose accessories from the same sources as the tableware. Prices are approximate and based on eight place settings.

Victorian sampler

To capture the look of an old-fashioned sampler, we combined wicker and crochet with fruit and flowers. For a centerpiece, we heaped a wine basket with daisies. A wicker napkin holder serves as a toast rack; two serving dishes make a comport for apples. Eyelet crochet napkin ring and mat are for you to make.



Tudor Trimmings

This opulent dinner setting would satisfy Henry VIII himself, but it doesn't cost a king's ransom. The piled runner is made from a bath towel decorated with wool tassels, and the embossed napkin rings are also homemade. Ornate candlesticks play up the Renaissance look.

Octagon amber dinnerware, 45-piece set	$50.00
Calliope flatware, 50-piece set	$40.00
Water goblets, 2 sets of 4 at $6.00 each	$12.00
Wine glasses, set of 12	$11.00
Total	$113.00



Centennial Setting

Hearty fare and second helpings are natural accompaniments to this charming turn-of-the-century table. Scenic china, pistol-grip flatware, and pressed glass goblets contribute to the Americana theme. You can make the patchwork cloth on the machine. We used white coffee cups with saucers of another pattern—a trick to remember when you're serving coffee to a crowd.

Americana china, 45-piece set	$55.00
Plymouth cups and saucers 8 at $2.00 each	$16.00
Post Road flatware, 55-piece set	$30.00
Two 12-piece glass sets, (desserts and juices not shown)	$20.00
Total	$121.00

Dina pattern china, 45-piece set	$80.00
Nouveau goblets at $5.50 a set of 4, 2 sets	$11.00
Nouveau wine glasses at $5.50 a set of 4, 2 sets	$11.00
Lafayette flatware, 50-piece set	$23.00
Total	$125.00

Buying information, page 139
For how-to, see page 102



Classic Contemporary

A clean and uncluttered setting like this suits today's relaxed life-styles. No frills and furbelows here. The sleek tabletop is left bare to show off the bold tableware designs. The dramatic Target pattern pottery is flanked by ebony-handled plastic flatware. Chunky candle holders serve as a centerpiece but they're also sparkling room accessories.

To demonstrate that glassware needn't match to look great, we teamed a silver-striped tumbler with an over-size wine goblet.

Two 20-piece sets of Target dinnerware at $22 each	$44.00
Set of 8 lusterware water tumblers	$8.50
Two sets of 4 water/wine goblets at $3 each	$6.00
One 50-piece service for 8, Largo flatware	$33.00
Total	$91.50

Buying information, page 139
For how-to, see page 102



Photographs Hopkins

Country French

You don't have to cross the ocean to duplicate this delightfully Gallic table. You can find all the ingredients at self-service department stores. Many of the table accessories came from sections other than the regular tableware department. The tall pepper mill and salt shaker were hiding in giftwares, and the cake pan we used as a fruit comport was tucked away in kitchenwares. To give our table a rustic look, we chose plain ironstone dinnerware and bold checked napkins. Merchandise, aside from the set of white ironstone shown, is all priced individually.

Two sets of 20-piece white dishes at $12 each	$24.00
Eight bean pots at $1.50 each	$12.00
Eight 4-piece settings flatware at 50¢ each	$16.00
Eight bubble goblets at $1.75 each	$14.00
Total	$66.00



Make a meal special with sauces

Start with some everyday foods . . . spoon over or mix in a special yet uncomplicated sauce . . . and you've got a great meal to serve your family or company this summer—or for that matter, any time of year. To save you money, some of our sauces are made with economical convenience foods. To save you time, some of the sauces are whirled in a blender, or made in a spare moment and then kept on call. Here's what our collection of simplified sauces includes:

Updated classic sauces to make simple dining seem elegant—Chasseur Sauce, Creamy Blender Hollandaise, and Russian Sauce.

Barbecue sauces to glaze your favorite grilled meats and vegetables—Big-batch Barbecue Sauce, Tarragon Cider Sauce, Durango Sauce, and Pineapple Cranberry Sauce.

Sauces made from vegetables to enhance meats and other vegetables—Curried Vegetable Sauce, Avocado Mushroom Velvet, Gazpacho Sauce, and French Onion Sauce.

Dessert sauces to add a little razzle-dazzle to the end of the meal—Mint Patty Sauce, Easy Blueberry Lemon Sauce, Fruit Royale, and Toasted Coconut Custard Sauce.

By Doris Eby and Nancy Byal



Chasseur Sauce

The French named this "hunter's sauce" because they originally served it with game meats—

1 3-ounce can chopped mushrooms, drained
1 shallot, finely chopped
4 tablespoons butter or margarine
1 envelope brown gravy mix
¾ cup water
½ cup dry red wine
1 tablespoon tomato paste
½ teaspoon fines herbs
Sliced mushroom (optional)
Watercress sprig (optional)

In a 1½-quart saucepan, cook drained chopped mushrooms and chopped shallot in butter or margarine till shallot is tender but not brown. Blend in brown gravy mix; add water, dry red wine, tomato paste, and fines herbs. Cook over medium heat, stirring constantly, till mixture thickens and bubbles. Garnish with a sliced mushroom and watercress sprig, if desired. Makes 1¾ cups sauce.



If you consider classic sauces too complicated and time-consuming, Chasseur Sauce will change your mind. This recipe has all the traditional ingredients—mushrooms, shallots, wine, and herbs—simmered together in a rich brown gravy. But it's made easy since the gravy starts from a mix. Serve with sliced roast beef and sautéed onions, with meatballs or stew, over le over chicken or turkey and stuffing, or in pot pie—voilà! You're an instant gourmet.



Photographs: Sladcik. Food Stylist: Fran Paulson



Creamy Blender Hollandaise

ream cheese is mixed with the traditional ingredients to add ex-a tartness and smoothness—

egg yolks
3-ounce package cream cheese, cubed and softened
ash cayenne
½ cup butter or margarine
1 tablespoon lemon juice
Halved lemon slice (optional)
Fresh dill sprig (optional)

lace egg yolks, softened cream cheese, and cayenne in blender ontainer. Cover; blend at low speed just till cheese is nearly nooth, about 5 seconds. In a small saucepan, heat butter margarine and lemon juice till butter is melted and almost oiling. Turn blender on high speed. With lid ajar, slowly pour in utter, blending till mixture is thick and fluffy, about 30 seconds. our into saucepan or top of double boiler. Heat over warm, ot hot, water till ready to serve. Garnish with lemon and fresh ll, if desired. Makes 1¼ cups sauce.



he recipe for Creamy Blender Hollandaise takes hollandaise out the "difficult to make" category. A few flicks of the blender vitch emulsifies egg yolks, cream cheese, lemon juice, and utter to fluffy richness. You'll be delighted how the sauce hances cooked vegetables (we've chosen broiled crumb-topped matoes and mushrooms). Canned ham becomes haute cuisine, o, teamed with broccoli spears on toasted bun halves th the creamy sauce on top.





Russian Sauce

2 tablespoons butter or margarine
3 tablespoons all-purpose flour
¼ teaspoon salt
Dash white pepper
1 cup chicken broth
½ cup light cream or milk
2 teaspoons snipped chives
1 teaspoon prepared mustard
1 teaspoon prepared horseradish
1 teaspoon lemon juice
Snipped chives (optional)
Pimiento curls (optional)

In a small saucepan, melt butter or margarine; blend in flour, salt, and white pepper. Add chicken broth and light cream or milk all at once. Cook over medium heat, stirring constantly, till mixture thickens and bubbles. Add the 2 teaspoons snipped chives, the prepared mustard, prepared horseradish, and lemon juice. Cook 2 minutes more, stirring sauce occasionally. Garnish with chives and pimiento. Makes 1½ cups sauce.



Elegant as it is, Russian Sauce is only one step beyond a simple white sauce. You use chicken broth for part of the sauce liquid and boost the flavor with chives, mustard, and horseradish. The sauce does amazing things to baked fish. Roll fish fillets and bake as we've done; then before serving, spoon on the sauce and garnish with paprika. Another time, drizzle the sauce over vegetables such as asparagus spears, or serve it with baked, poached, or hard-cooked eggs.



Buying information, page 139



Big-batch Barbecue Sauce

½ cup finely chopped celery
½ cup finely chopped green pepper
1 clove garlic, minced
4 tablespoons butter or margarine
4 cups catsup
1 can condensed onion soup
1 can condensed chicken gumbo soup
2 tablespoons vinegar
½ teaspoon bottled hot pepper sauce
1 cup dry white wine
Celery leaves (optional)
Chopped green pepper (optional)

In large saucepan, cook vegetables in butter or margarine till tender. Add catsup, soups, ½ cup water, vinegar, and pepper sauce. Simmer 30 minutes, stirring occasionally. Stir in wine. Pour into 1- or 2-cup freezer containers. Seal; label; freeze. To use, thaw sauce. Baste meats or vegetables the last 10 to 15 minutes of barbecuing. Heat remaining sauce to pass. Garnish with celery and pepper. Makes 8 cups sauce.



Big-batch Barbecue Sauce, based on catsup and two kinds of condensed soup, is designed to let you keep an ever-ready supply in your freezer. And once your family and friends taste this concoction, you'll be glad you thought big. Use it just as you would any tomato-based barbecue sauce but also call on it when you want to jazz up less expensive meat cuts like chuck steak, spareribs, meat loaf, burgers, franks, or canned luncheon meat kabobs.





Tarragon Cider Sauce

You can also use this sauce as a meat marinade—

½ cup apple cider or juice
¼ cup vinegar
¼ cup sliced green onion
2 tablespoons butter or margarine
2 tablespoons bottled steak sauce
2 tablespoons honey
1 teaspoon salt
1 teaspoon dried tarragon, crushed
¼ teaspoon pepper
Apple slices (optional)

In a 1½-quart saucepan, combine apple cider, vinegar, sliced green onion, butter or margarine, bottled steak sauce, honey, sal dried tarragon, and pepper. Bring mixture to boiling; simmer 20 minutes, stirring mixture occasionally. Baste over meat or vegetables during last 15 to 20 minutes of barbecuing. Heat and pass remaining sauce. Garnish with apple slices, if desired. Makes about ¾ cup sauce.



Unlike most other sauces, Tarragon Cider Sauce is not thicken but has an au jus consistency. This is ideal for basting because bold sauce flavors can penetrate and marry with the food. The sauce makes great entrées of barbecued beef, poultry, pork, an fish, and glorifies vegetable accompaniments such as grilled potatoes, mushrooms, green pepper, tomatoes, onions, and squash. To prevent burning, start basting just 15 to 20 minutes before the end of barbecuing.





Durango Sauce

will be hard to convince your family and friends that this zippy arbecue sauce starts with such a simple ingredient—canned pork id beans. Just blend four ingredients plus water together and the uce is ready to use. Or, make it ahead and chill. For basting uce, add ¼ cup more water—

16-ounce can pork and beans in tomato sauce
8-ounce can (1 cup) tomato sauce
envelope chili seasoning mix
¼ cup water
1 teaspoon worcestershire sauce
Fresh chili pepper (optional)
Parsley sprig (optional)

blender container, combine pork and beans in tomato sauce, mato sauce, chili seasoning mix, water, and worcestershire uce. Cover and blend till smooth. Use as taco sauce or baste ver meats or vegetables during last 5 minutes of barbecuing. eat remaining sauce to pass. Makes 2½ cups sauce.



you and your family are confirmed Mexican food fans, you'll nder how you ever managed without Durango Sauce. For eners, use the sauce to season your favorite taco concoction. ur shells hold ground beef, Durango Sauce, shredded lettuce, d shredded cheese.) Next, try the sauce for basting grilled mburgers, steaks, or pork chops. And for a top-of-the-range eal, simmer frankfurters with some Durango Sauce and ittle water, and trim with onion rings.





Pineapple Cranberry Sauce

It takes only a few minutes to measure and combine the ingredients for this vivid barbecue sauce. But if you want a head start on tomorrow's or next week's dinner, mix together a double or triple batch of the ingredients when you have some extra time. Store the sauce in a tightly covered container in your refrigerator—

1 12-ounce jar (1 cup) pineapple preserves
½ cup canned whole cranberry sauce
½ cup chili sauce
⅓ cup vinegar
Pineapple chunk (optional)
Watercress sprig (optional)

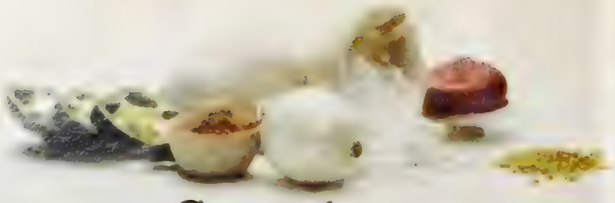
In small bowl, combine pineapple preserves, whole cranberry sauce, chili sauce, and vinegar. Brush over meats or vegetables during the last 15 to 20 minutes of barbecuing. Heat remaining sauce to pass. Garnish with pineapple chunk and watercress sprig, if desired. Makes about 2⅓ cups sauce.



Pineapple Cranberry Sauce has an intriguing two-fruit flavor that's accented by some chili sauce and vinegar. It's the perfect barbecue sauce brush-on for a ham steak and sweet potatoes as shown here and brings out the best in pork, chicken, turkey, sausage, carrots, and squash. If you like, also grill some fresh or canned pineapple slices or peach halves to accompany the entrée, and glaze the fruit with sauce the last few minutes, too, to give it an eye-tempting gloss.



Buying information, page 139



Curried Vegetable Sauce

1 medium onion, finely chopped (½ cup)
1 small green pepper, finely slivered (½ cup)
2 tablespoons butter or margarine
1 tablespoon all-purpose flour
2 to 3 teaspoons curry powder
¼ teaspoon salt
½ cup milk
1 teaspoon instant chicken bouillon granules
½ teaspoon worcestershire sauce
2 tablespoons chopped pimiento
Parsley sprigs (optional)

In a 1½-quart saucepan, cook onion and green pepper in butter or margarine till vegetables are tender but not brown. Stir in flour, curry powder, and salt. Add milk, ½ cup water, chicken bouillon granules, and worcestershire sauce all at once. Cook over medium heat, stirring constantly, till mixture is bubbly. Stir in pimiento. Heat through. Garnish with parsley. Makes 1½ cups sauce.



You can set the mood for a Far Eastern feast with golden Curried Vegetable Sauce that's packed with onions, green peppers, and pimientos. If you prefer more pronounced seasonings, use the higher level of curry powder. You can call on this colorful sauce to flatter pork, lamb, fish, and eggs. Or, serve it with a steaming rice accompaniment. Another time, pour the sauce over a vegetable side dish, such as green beans, broccoli spears, or a head of cooked cauliflower.





Avocado Mushroom Velvet

1 2-ounce can chopped mushrooms, drained
1 tablespoon finely chopped onion
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
½ teaspoon salt
1 cup milk
½ cup dairy sour cream
1 ripe avocado, peeled, seeded, and mashed (½ cup)
Avocado slices (optional)
Fresh dill sprig (optional)

In a medium saucepan, cook mushrooms and onion in butter or margarine till onion is tender but not brown. Stir in flour and salt. Add milk all at once. Cook over medium heat, stirring constantly, till mixture is thickened and bubbly. Remove from heat; stir in sour cream and mashed avocado. Heat through. Garnish with avocado slices and fresh dill sprig, if desired.
Serve at once. Makes 2 cups sauce.



Avocado Mushroom Velvet tastes as exquisite as it sounds. Both the mashed avocado and sour cream contribute to the rich, creamy texture. And the sauce is good so many ways. Liberally spoon it on the traditional bacon-lettuce-and-tomato sandwich. Serve the sauce as a hot dip with corn or tortilla chips, crispy vegetable dippers, or hot boiled shrimp. Try it as a glamorous filling or topping for fluffy omelets, sliced ham, and baked potatoes, too.





Gazpacho Sauce

cup tomato juice
ablespoon salad oil
ablespoon wine vinegar
slice bread, torn in pieces
teaspoon salt
sh garlic salt
sh pepper
ıedium tomato, halved
cup finely chopped celery
¼ cup finely chopped green pepper
2 tablespoons finely chopped onion
1 tablespoon finely snipped parsley
Onion rings (optional)
Parsley sprig (optional)

blender container, combine juice, oil, vinegar, bread, salt, garlic t, pepper, and *half* the tomato. Cover; blend well. Finely chop ıaining tomato; add to juice mixture along with celery, green ɔper, chopped onion, and snipped parsley. *Do not blend.* ansfer to bowl. Cover; chill. To serve, garnish with onion rings 1 parsley, if desired. Makes 2 cups sauce.



es keep-cool cooking interest you—especially on a hot ımer's day? Then it's Gazpacho Sauce to the rescue for dinner. u perform some blender magic using garden-fresh tomatoes, ery, onion, green pepper, and parsley, and chill the ılting sauce. Just prior to mealtime, arrange a platter of ɔrted cold cuts around the serve-with sauce. Or, combine some ens, vegetables, and cooked meat for a hearty main dish d, and serve the sauce as a salad dressing.





French Onion Sauce

Here's a pour-over or stir-in sauce based on the customary ingredients used in French onion soup—

2 large onions, thinly sliced (3 cups)
2 tablespoons butter or margarine
2 tablespoons cornstarch
1 can condensed beef broth
¼ teaspoon worcestershire sauce
2 tablespoons grated parmesan cheese
Watercress sprig (optional)

In a 2-quart saucepan, cook sliced onions in butter or margarine till lightly browned, about 20 minutes, stirring occasionally. Stir in cornstarch. Add condensed beef broth and worcestershire sauce all at once. Cook over medium heat, stirring constantly, till mixture is thickened and bubbly. Stir in grated parmesan cheese. Heat through. Garnish with watercress sprig, if desired. Makes 2 cups sauce.



Attention, onion soup lovers! Now there's French Onion Sauce, a variation of your favorite, to highlight entrées and side dishes. We've shown the sauce with some of its best flavor companions—sliced roast beef atop toasty French bread slices and oven-baked meatballs over fluffy rice. (Garnish the sauce with some pimiento and parsley for extra appeal.) Try the sauce with other beef main dishes such as meat loaf or minute steaks, and mushrooms, potatoes, and noodles, too.



Buying information, page 139



Mint Patty Sauce

1 3- or 3¼-ounce package *regular* vanilla pudding mix
1½ cups milk
½ cup chocolate-covered cream-filled mint patties, cut up (8 patties)
1 2-ounce package dessert topping mix

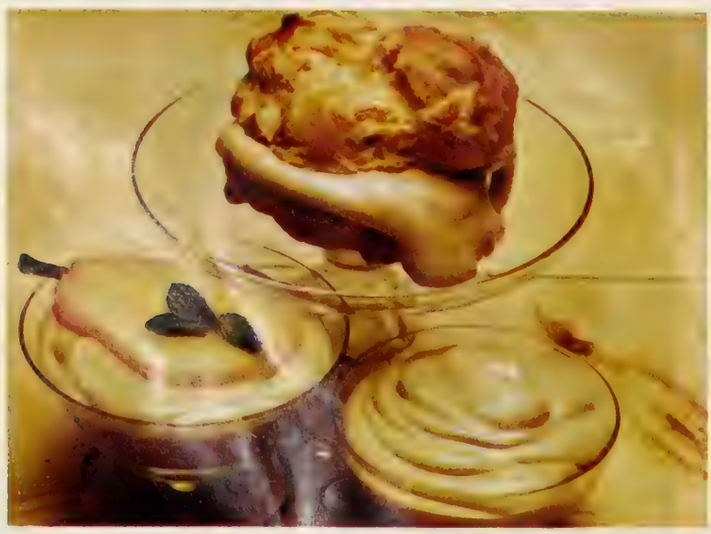
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Chocolate curls (optional)
Fresh mint sprig (optional)

In a 1½-quart saucepan, combine vanilla pudding mix and milk; add cut-up mint patties. Cook over medium heat, stirring constantly, till mixture is thickened and bubbly and mint patties are melted. Remove from heat. Cover surface of pudding with waxed paper or plastic wrap; cool. Meanwhile, prepare topping mix according to package directions; fold dessert topping into cooled pudding. Pour into storage container. Cover and chill. To serve, garnish with chocolate curls and fresh mint sprig, if desired. Makes about 2½ cups sauce.



Serve Mint Patty Sauce one time at your house—and you'll be deluged with requests for repeat appearances. The refreshing flavor comes from the ever-popular chocolate after-dinner mints that are melted in vanilla pudding, and the billowy texture comes from whipped dessert topping. We suggest you mound the mixture into cream puffs or serve a generous portion of the sauce with chilled pear halves. It also makes a delectable "frosting" for angel and sponge cake.





Easy Blueberry Lemon Sauce

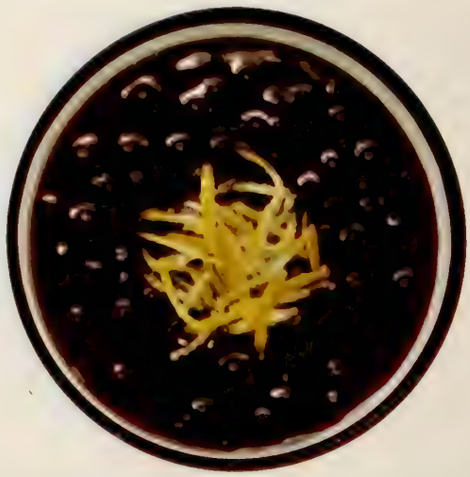
You can turn this into a crimson raspberry sauce by substituting canned raspberries for the blueberries—

1 21-ounce can lemon pie filling
1 15-ounce can blueberries, undrained
¼ teaspoon grated lemon peel (optional)
2 tablespoons lemon juice

• • •

Shredded lemon peel (optional)

Combine lemon pie filling, *undrained* blueberries, grated lemon peel, and lemon juice in mixing bowl. Pour into storage container. Cover and chill thoroughly. Serve cold. Garnish sauce with some shredded lemon peel, if desired. Store extra sauce in refrigerator. *Or,* in medium saucepan, combine lemon pie filling, *undrained* blueberries, the grated lemon peel, and lemon juice. Heat mixture through, stirring occasionally. Serve warm. Makes 4 cups sauce.



Easy Blueberry Lemon Sauce is as versatile as it is delicious. Combine the lemon pie filling, canned blueberries, and fresh lemon peel and juice, and then chill. Then layer the sauce with lemon sherbet for parfaits, spoon it into individual baked tart shells, or spread it over homemade or bought cheesecake. This sauce tastes equally good warm, served over wedges of cake, shortcake, scoops of ice cream, or portions of vanilla or lemon pudding.





Fruit Royale

16-ounce can pear halves
cup strawberry jelly
tablespoons lemon juice
teaspoons cornstarch
teaspoon ground nutmeg
1 11-ounce can mandarin orange sections, drained
¼ cup brandy
Fresh mint sprig (optional)

rain pears, reserving ½ cup syrup. Slice pears; set aside.
ombine the reserved pear syrup, strawberry jelly, lemon juice, rnstarch, and ground nutmeg in blazer pan of chafing dish. Cook er high heat on range, stirring constantly, till mixture is ckened and bubbly. Place blazer pan over chafing dish burner. ld pears and oranges to sauce; simmer 5 minutes, basting fruit casionally. Remove from heat. Pour brandy into a ladle; warm er burner. Flame and pour over fruit. Serve sauce when flame s subsided. Garnish with fresh mint, if desired.
akes 2½ cups sauce.



it Royale is a show-stopping dessert sauce that's sure to ress company. Assemble a chafing dish, all the ingredients, cooking utensils on a tray and carry it to the table. For the t act, stir the pears and oranges into the syrup you've thickened ad on the range top. The finale is a spectacular blaze as you ne brandy in a ladle and pour it over the sauce. Then blanket h serving of ice cream, sherbet, or split gerbread squares with the sauce.

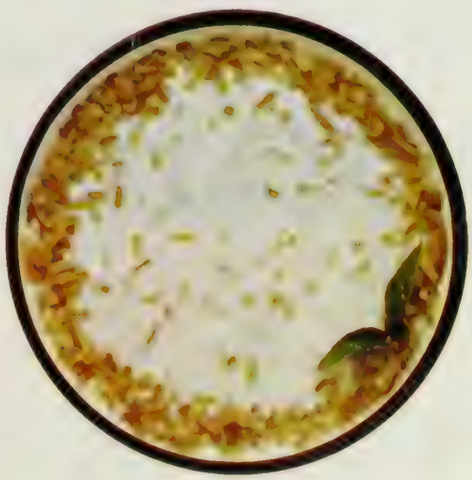




Toasted Coconut Custard Sauce

3 beaten eggs
¼ cup sugar
Dash salt
2 cups milk
1 teaspoon vanilla
½ cup toasted flaked coconut
• • •
Toasted flaked coconut (optional)
Fresh mint sprig (optional)

In a heavy saucepan, blend together beaten eggs, sugar, and salt thoroughly. Gradually stir in milk. Cook over low heat, stirring constantly, till mixture coats a metal spoon, about 15 to 20 minutes. Remove from heat. Immediately set saucepan in a larger pan of cold water; stir custard mixture 1 or 2 minutes more. Stir in vanilla. Pour custard mixture into storage container. Cover and chill thoroughly. Just before serving, stir in the ½ cup toasted flaked coconut. Garnish with a ring of additional toasted flaked coconut and a fresh mint sprig, if desired.
Makes about 2½ cups sauce.



Even an everyday dessert becomes a special event when you top it with Toasted Coconut Custard Sauce. You can use commercially packaged coconut, but for that real islands flavor, start with fresh coconut. To toast the flaked coconut, place a thin layer in a shallow baking pan. Bake in a 350° oven till lightly browned, about 6 to 7 minutes, stirring the coconut once or twice. The coconut will stay crunchy if you stir it into the sauce just before spooning it over fruit or cake.

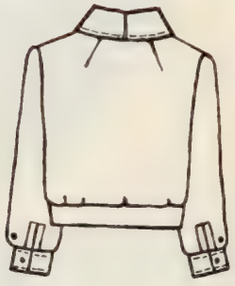


Buying information, page 139





Photographs: Beege, Burda Moden





Sewing special:

Cool summer suit

BODY MEASUREMENT CHART

Size	2	4	6
Chest	21	23	25½
Waist	20	21	22
Hip	23	24	26
Back waist length	8½	9½	10½
Height	36	40	45

For summer occasions when jeans just won't do, make your child this handsome suit, designed exclusively for Better Homes and Gardens readers by Burda Patterns of Germany. The pattern features a neat, comfortable jacket-shirt and cuffed short pants. Above left, we show our suit in an easy-care, denim-look cotton blend. Topstitched red and white gingham adds colorful contrast to collar, cuffs, and pockets.

Or make the suit in a cheerful stripe like the red, white, and blue drip-dry polyester and cotton pictured at right. Crosswise bands of stripe trim cuffs, waistband, and pocket flaps. *Pattern 01290:* available in sizes 2, 4, 6. To order, fill out coupon at right.

Before ordering, measure your child carefully and compare results with our chart.

Send order to:
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Des Moines, Iowa 50336

Pattern 01290 Boys' Summer Suit

- ☐ Size 2 Each $1.50
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- ☐ Size 6 Each $1.50

Special offer: any two patterns for $2.50, any three for $3.45, any four for $4.25.

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Name_____

Address_____

City_____ **State**_____ **Zip**_____

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You know it's always going to taste as good as you remember.





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Have a taste of Alpen. Our natural cereal, full of good things from the good earth.

Alpen is taken from an old Swiss recipe. A delicious mixture of fresh roasted almonds, chopped hazelnuts, nutritious whole wheat, crispy oat flakes and sun-dried raisins.

So what could be a more natural bonus than these 4 beautiful placemats. Just mail in the coupon, along with $1.50 and a boxtop of Alpen. And have a beautiful taste of Switzerland for breakfast.



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P.O. Box 5043 Hicksville, N.Y. 11802

Please send me____ set(s) of 4 plastic-covered placemats. I enclose $1.50 in check ☐ or money order ☐ and a boxtop from any size Alpen for each set ordered. (Make check payable to: Swiss Placemat Offer.)

Name_____

Address_____

City_____ State_____ Zip_____

Please don't forget, all orders must contain an Alpen boxtop. Offer void where prohibited by law.

Offer expires March 30, 1975 Allow 3 weeks for delivery.

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How to make the dessert on our cover



Photograph: St

STRAWBERRY CROWN TRIFLE

Be sure to refrigerate the assembled dessert overnight bef serving so that the pudding, berries, and liqueur have time flavor the cake layers—

1 cup sifted cake flour
1 teaspoon baking powder
¼ teaspoon salt
½ cup milk
2 tablespoons butter or margarine
2 eggs
1 cup granulated sugar
1 teaspoon vanilla

• • •

⅓ cup granulated sugar
1 tablespoon cornstarch
⅛ teaspoon salt
1 cup milk
2 beaten egg yolks
1 tablespoon butter or margarine
1 teaspoon vanilla
½ cup whipping cream
3 pints fresh strawberries
3 tablespoons granulated sugar
⅓ cup strawberry *or* orange liqueur
Powdered sugar
Whipped cream

Sift together cake flour, baking powder, and the ¼ teaspoon s In small saucepan, heat the ½ cup milk and the 2 tablespo butter or margarine till butter melts; keep hot. In mixer bo beat whole eggs on high speed of electric mixer till thick and le on-colored, about 3 minutes. Gradually add the 1 cup sugar, be ing constantly at medium speed for 4 to 5 minutes. Add sifted ingredients to egg mixture; stir just till blended. Stir in hot m mixture and the first 1 teaspoon vanilla; blend well. Turn into greased and floured 8-inch round cake pans. Bake in 350° o for 20 minutes or till cake tests done. Cool in pans 10 minu Remove from pans. Cool on rack.

Meanwhile, in saucepan, combine the ⅓ cup sugar, the co starch, and the ⅛ teaspoon salt. Stir in the 1 cup milk. Cook stir over medium-high heat till thickened and bubbly. Stir a m erate amount of hot mixture into beaten egg yolks. Return to n ture in pan, stirring constantly. Cook and stir 2 minutes more. move from heat; stir in the 1 tablespoon butter and the secon teaspoon vanilla. Cover surface of pudding with waxed paper clear plastic wrap; chill. Whip the ½ cup cream; fold into chil pudding. Set aside 14 strawberries for garnish; crush remain berries to make 2 cups. Stir in the 3 tablespoons sugar.

To assemble trifle: Split cake layers in half to make 4 layers. 1 layer into bottom of 1½-quart soufflé dish; spread *1* crushed berries over. Top with second cake layer. Sprinkle the liqueur over second layer. Spread with all of the pudd Place third cake layer atop; spread remaining berries over. Sp kle cut side of fourth cake layer with remaining liqueur; pl cake, cut side down, atop berries in soufflé dish. Cover and frigerate overnight. Just before serving, sift a heavy coverin powdered sugar over the top. Score top with a long knife or l heated skewers. Garnish with whipped cream rosettes and served strawberries, halved. Makes 12 servings. ■

deas
arties

d, crushed, or chipped
l a sparkle of glamour
an appetizing chill to
fare.

owpiece appetizer, ar-
wered fruit sunburst-
n a bowl or platter of
or chilled ice. Spear
ts (strawberries, pine-
nks, melon balls, etc.)
skewers or extra-long
ks. Work from rim
enter so that center
and upright making a
fruit arrangement. The
ice bed will keep fruits
all through the party.

eath of iced fruits and
chill the punch bowl at
garden party. Fill large
about two-thirds full
r; freeze solidly. Ar-
on leaves and fruit on
Carefully pour in about
ich of water and return
Fruit and leaves will
of ice giving a three-
al effect. Unmold by
hold in hot water or
with hot wet towel.
ice wreath, fruit side
nch bowl. Coordinate
our decorations—fresh
r strawberries, canned
es or apricots all work

n ice jacket for a bottle
ack crushed ice into a
epan or child's sand
maller container for a
viar or cocktail shrimp.
ity by holding bottle,
bowl in center, while
ice. Remove contain-
ze ice till serving time.

-dinner liqueurs frappé-
ly fill sherbet or bev-
with crushed ice and
ueur. Serve with short

" from liquids other
r—coffee cubes for
nks, for instance. To
"watering out" effect
beverage, freeze fruit
her fruit beverages into
molds. Avoid very
ighly carbonated bev-
cause they will not
dly.

ice, fill a pitcher with
let it stand for a few
s will allow air bubbles
and minerals to settle.
better results if you
molds in a full-size
her than a refrigerator
ction.

n't be disappointed if
cubes or molds aren't
lear. Even the experts
nquered this problem.

CELEBRATE SALAD DAYS WITH CALIFORNIA AVOCADOS AND KRAFT FRENCH DRESSING!

Now is the time to celebrate the goodness of the garden. The time to gather nature's bounty . . . and enjoy!

Celebrate the California Avocado by filling it with crisp young vegetables and dressing it with Kraft French Dressing. Kraft blends French Dressing with gentle imported spices. Just the right complement to a California Avocado's delicate, nutlike taste.

CALIFORNIA AVOCADO GAZPACHO SALAD

½ cup chopped green pepper
½ cup chopped cucumber
½ cup chopped tomato
2 tbsp. green onion slices
¼ cup Kraft French Dressing
4 California Avocado halves, peeled
Lettuce

Combine green pepper, cucumber, tomato, onion and dressing; mix lightly. Chill. Fill California Avocado halves with vegetable mixture. 4 servings.



To make a cool, refreshing salad, start with Jell-O. BRAND GELATIN



Freshen up a summer barbecue with this light, fruity salad.



1. Dissolve 2 packages (3 oz. each) Jell-O Brand Gelatin in 2 cups boiling water. Add 1¼ cups cold water and 1 tablespoon vinegar. Chill until thickened (about 1½ hrs.).



2. Pour ½ cup of the thickened gelatin into a 9x5 inch loaf pan. Arrange 3 pineapple rings on top. Now, measure 1 cup of thickened gelatin, fold in banana slices, and spoon into pan. Chill until set, but not firm (about 15 min.).



3. Meanwhile, blend mayonnaise into remaining thickened gelatin until mixture is smooth (a fork makes it easier). Stir in celery; spoon into pan. Chill until firm (about 4 hrs.).



4. Unmold according to package directions and serve. Your family will love this salad's fruity taste. Making great salads is easy when you start with Jell-O® Brand Gelatin.

Start with Jell-O.

Ingredients

2 packages (3 oz. each) Lime flavor Jell-O Brand Gelatin
2 cups boiling water
1¼ cups cold water
1 tablespoon vinegar
1 8¼-oz. can sliced pineapple, drained
1 small banana, sliced
¼ cup mayonnaise
¼ cup chopped celery
Makes about 5 cups or

GF GENERAL FOODS KITCHENS

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DIET IMPERIAL MARGARINE

For garden-fresh summer idea



Best Foods, a Division of CPC International Inc. cpc

◀ FRESH VEGETABLE SOUFFLE

A summer main dish that's deliciously light

1/4 cup flour
1/4 teaspoon salt
Dash pepper
1/2 cup BEST FOODS Real Mayonnaise
1/4 cup milk
1 cup finely cho cooked veg such as: ca green bean pepper and
4 egg whites

Gently stir flour, salt and pepper into Real Mayonnais over mix. Stir in milk slowly, then stir in vegetables. whites until stiff. Gently fold into Real Mayonnaise mi til thoroughly blended. Pour into greased 1 1/2-qua dish. Bake in 325°F oven 40 minutes or until knife in center comes out clean. Serve at once. Serves 4.



▲ STRAWBERRY SALAD SUPREME

So luscious you can serve it for dessert.

2 envelopes unflavored gelatin
1 cup reconstituted frozen lemonade
2 cups (16 oz) ginger ale
3/4 cup BEST FOODS Real Mayonnaise
1/4 cup maraschino cherry liquid
1/4 teaspoon salt
1 cup strawberries
1/4 cup slivered alm
8 maraschino che cut in half

Sprinkle gelatin over lemonade in small saucepan t Heat over low heat, stirring constantly until gelatin is d Pour into large bowl; add next 4 ingredients. Beat wisk or beater until smooth. Chill until mixture is cor of unbeaten egg white. Fold in strawberries, almo cherries. Pour into 5-cup mold and refrigerate until mold on serving plate; garnish as desired. Serves 6



◀ CREAMY BACON DRESSING

Eat your spinach a fresh new way.

2 tablespoons cider vinegar
1/2 cup BEST FOODS Real Mayonnaise
1 tablespoon Karo® light corn syrup
1/8 teaspoon salt
4 slices crisp bacon crumbled or 2 tablespoons imitation bacon flavored bits
2 tablespoons chop onion

Gradually stir vinegar into Real Mayonnaise S remaining ingredients. Serve immediately on ach or tossed greens. Makes 3/4 cup

art fresh with Real Mayonnaise.

ank goodness for Best Foods.®

asy to make the most of fresh fruits and vegetables. start with Best Foods Real Mayonnaise. No other onnaise freshens up the season's best buys better than ny-smooth Best Foods. It's the really fresh Real onnaise. These days, thank *goodness* for Best Foods.



▲ GINGER LIME DRESSING

Dresses up any fresh fruit

p BEST FOODS Real Mayonnaise
p light corn syrup
blespoons minced, crystalized ginger
1 tablespoon lime juice
1/2 teaspoon grated lime rind
1/2 cup heavy cream, slightly whipped

gether first 5 ingredients; cover and chill. Before serving to cream. Makes 1 3/4 cups



▶ QUICK DILL SAUCE

This creamy sauce for vegetables takes just minutes to make

1/2 cup milk
1 cup BEST FOODS Real Mayonnaise
1 teaspoon lemon juice
1/4 teaspoon dill weed or 3/4 teaspoon fresh dill

Gradually stir milk into Real Mayonnaise. Add lemon juice and dill weed. Heat over low heat, stirring occasionally, 2 to 3 minutes or until heated. Serve over hot cooked vegetables. Makes 1 1/3 cups

For instant vegetable sauce, just combine equal parts of BEST FOODS Real Mayonnaise and the liquid in which you've cooked the vegetables. Heat and season to taste with salt and pepper and your choice of basil, dill, thyme, rosemary or even a dash of nutmeg



SPECIAL RECIPE OFFER!

This 24-page recipe booklet gives 24 delicious recipes plus buying and storing hints for everything from apples to zucchini. Pick it up free at your supermarket or send 25¢ (to cover postage and handling) to "Fresh Ideas," Box 307C, Coventry, Conn. 06238



BRING OUT
THE BEST FOODS
AND BRING OUT
THE BEST

We're Listening

When you first get the word that company's coming, do you worry about the tennis shoes in the living room or what's in the refrigerator? Or both?

Entertaining with food is seldom a formal occasion. It is when the teenagers congregate at your house, the neighbors stop in, relatives arrive, or a committee meets at your home.

Food manufacturers want to know how you cope with the situations and how you use their products. Will you tell them how it is with your candid answers to the following questions?

1. How many times in the past month did you serve food or beverages to people who are not members of your household?

_____(enter number of times)

2. How many times in the past month did you serve a full meal to guests in your house?

_____(enter number of times)

3. During seasons of good weather, how often do you barbecue or cook outside?

_____(average times per month)

4. This year when we cook outside we will most often have:
_____Steaks, ribs, roasts
_____Burgers, hot dogs, chicken
(check one)

Please use the following numbers for the next question to indicate your usage of the product:
1 = once a week or more
2 = 1 to 3 times a month
3 = less than once a month
4 = never

5. How often is worcestershire sauce used in your household?

How often is it used . . .
. . . as a pour-on after cooking?
_____
. . . as an ingredient in preparing food?
. . . in barbecuing (during season)?
. . . as an ingredient in drinks?

6. Do you serve pork and beans when you have guests for a cookout?
_____Regularly
_____Occasionally
_____Seldom or never

7. When you serve pork and beans do you usually . . .
Make your own from dry beans
_____Use canned pork and beans as is
Add ingredients (such as molasses, catsup, etc.) to canned pork and peans

8. When you have guests in your home (anyone not a member of your household) which of the following beverages do you serve? (Check as many as apply)
Coffee
Tea
Milk/other dairy drinks
Fruit drinks
Carbonated soft drinks
_____Beer
_____Wine
_____Vodka
_____Gin
_____Rum
_____Scotch
_____Bourbon
_____Cordials or Liqueurs

9. What presents the most problems (or where do you feel you need the most help) when you consider serving food to guests in your home?
Finding lower cost foods and beverages to serve
_____Snacks with better nutrition and/or lower calories
_____Mixing unusual cocktails
_____Ideas for something "different" to serve
_____Finding time to prepare foods
_____Ideas for foods which allow hostess to be out of the kitchen

Include your additional comments to let food manufacturers know more about how you entertain extra people in your home.

Clip and mail your answers to:

We're Listening
P.O. Box 4503
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Your answers are important!

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Cooking with seeds

You needn't be a health food follower to appreciate the crunch and flavor seeds add to food. For starters, try sunflower seeds in burgers, pumpkin seeds in coffee loaf, or poppy seeds in a start-from-scratch cake.

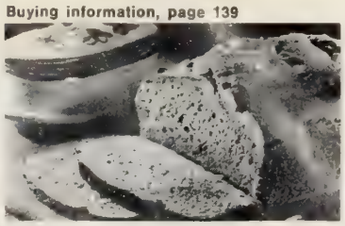


SUNNY HAM-BURGERS
The burger retains its pink center because of the ham—

1 slightly beaten egg
2 tablespoons milk
½ cup whole wheat bread crumbs
Dash pepper
½ pound ground fully cooked ham
½ pound ground beef
¼ cup shelled sunflower seeds
¼ cup chopped onion
2 teaspoons milk
5 whole wheat hamburger buns, split and toasted
Prepared horseradish

Combine egg, the 2 tablespoons milk, bread crumbs, and pepper. Add ground meats and mix well; set aside. Combine sunflower seeds, onion, and remaining milk. Using about ¼ cup mixture for each, pat meat mixture into ten 3½-inch patties. Center half of patties with 1 heaping tablespoon of the sunflower seed mixture. Top with remaining patties. Press edges together well to seal. Broil over hot coals for 12 to 15 minutes, turning once. To serve, pass prepared horseradish. Makes 5 servings.

Buying information, page 139



PUMPKIN SEED COFFEE LOAF
For your next coffee klatch—

⅓ cup shortening
1 cup packed brown sugar
2 eggs
1 cup canned pumpkin
¼ cup milk
1 cup all-purpose flour
1 cup whole wheat flour
2½ teaspoons baking powder
¼ teaspoon baking soda
½ teaspoon salt
½ teaspoon ground ginger
½ teaspoon ground cinnamon
¼ teaspoon ground cloves
⅓ cup coarsely chopped pumpkin seeds

Cream together shortening and brown sugar till fluffy. Add eggs, one at a time, beating well after each addition. Stir in pumpkin and milk. Stir together flours, baking powder, soda, salt, ginger, cinnamon, and cloves. Stir into pumpkin mixture. Beat 1 minute with electric or rotary beater. Stir in seeds. Turn into a greased 9x5x3-inch loaf pan. Bake in 350° oven 55 to 60 minutes. Remove from pan; cool. Wrap and store overnight. Makes 1 loaf.



Photographs: Dieter

POPPY SEED CAKE
You'll like the something different taste and texture—

⅓ cup poppy seeds
¾ cup milk
¾ cup butter or margarine
1½ cups granulated sugar
1½ teaspoons vanilla
2 cups sifted cake flour
2½ teaspoons baking powder
¼ teaspoon salt
4 stiff-beaten egg whites
1 recipe Cream Filling
Powdered sugar

Soak poppy seeds in milk about 1 hour. Cream butter or margarine. Add granulated sugar gradually, creaming till fluffy. Blend in milk-poppy seed mixture and vanilla. Sift together dry ingredients; stir into creamed mixture. Fold in egg whites. Pour into two greased and floured 8-inch round pans; bake in 375° oven 20 to 25 minutes or till done. Cool 10 minutes before removing from pans. Cool cakes. Split cake layers. Spread Cream Filling between layers. Chill 2 to 3 hours. Sift powdered sugar atop.

To make Cream Filling: In saucepan, mix together ½ cup granulated sugar and 4 teaspoons cornstarch. Thoroughly combine 1½ cups milk and 4 slightly beaten egg yolks. Gradually add milk mixture to sugar mixture, stirring well. Cook and stir over medium heat till mixture thickens and bubbles; cook 1 minute more. Add 1 teaspoon vanilla. Stir. Cool thoroughly.



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t Wish-Bone people. Wish-Bone
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FAMILY FOOD IDEAS



Win Money for Your Recipes

Doughnuts—Meat Loaves

Do you make doughnuts that outshine everything in your ne borhood bakery? Or do you have a secret formula that makes r loaf your family's favorite dinner? Send your recipe today either or both categories and you could be a prizewinner next uary. Two Cooks-of-the-Month receive $50 each. Four Runn up receive $25 each and 12 Honor Roll winners get $10 each. selected winning recipes will be pictured on the Prize Te Recipes pages next January. All 18 winners receive a fra Better Homes and Gardens Certificate of Endorsement and copies of the endorsed recipe.

Hints to Help You

Doughnuts can be either the cake or yeast variety. Fill doughnuts with pudding or custard. Stir fruit juice and peel into the batter, or add your favorite spice. For guests, do you make your doughnuts deluxe with a liqueur glaze or braided dough? Hints:

gingerbread twists
jiffy doughnut balls
rocky road crullers
cinnamon raisin rings
mocha-filled puffs

Meat loaves might be com fare, shaped into rings or s individual molds and basted a currant jelly glaze. Mix gr pork, veal, and ham togethe variety. Stuff a meat loaf w packaged stuffing mix or ma potatoes. Suggestions:

cranberry meat loaves
mushroom meat ring
sauerbraten meat loaf
apple-beef loaf
Spanish rice molds

THIS MONTH'S WINNERS

(See recipes on pages 85 and 86.)

Cooks-of-the-Month

Mrs. Larry D. Elder, Spartanburg, S.C.
Georgia Knazovich, Burlington, Iowa

Runners-up

Mrs. Wayne D. Campbell, Provo, Utah
Mrs. David G. Edmonson, Richmond, Va.
Mrs. Cathlyn Lutze, Richfield, Minn.
Mrs. D. F. Stearns, Petaluma, Calif.

Honor Roll

Mrs. Ruth Holtman Bezy, Bruceville, Ind.
Carolyn Mohr Bixby, Hermosa Beach, Calif.
Mrs. Irene Braman, Dansville, Mich.
Mrs. T. H. Dodson, London, England
Mrs. J. F. Finnegan, Minneota, Minn.
Mary B. McEvoy, Warsaw, N.Y.
Cynthia R. Murray, Meriden, Conn.
Mrs. John B. Regan, Las Vegas, Nev.
Mrs. Marie D. Robinson, Largo, Fla.
Mrs. Roland Schreiner, Pierz, Minn.
Lois Smith, Dugger, Ind.
Mrs. Gordon Ward, Mankato, Minn.

Contest Rules

1. **Write or type your recipe clearly on one side of the paper and it "January Doughnuts" or "January Meat Loaves." If you wish a recipe for each of the two categories.**
2. **Print your full name and address in upper right corner of pap**
3. **Give measurements in *level* cups, tablespoons, teaspoons.**
4. **Specify brand names of the *nationally* known food products yo as ingredients so we can test your recipe with the same bran**
5. **Include 50 to 100 words about the origin of the recipe you su**
6. **Recipes submitted become property of Meredith Corporation.**
7. **Entries must be postmarked by midnight, June 30. In cases duplicate recipes are submitted, the one with the earliest pos will be judged. All judges' decisions will be final.**
8. **We reserve the right to adjust and edit winning recipes.**
9. **Address the recipes you enter to 7406 Test Kitchen, Better H and Gardens, Des Moines, Iowa 50336.** ■



All you need to have coffee this good...is coffee this good.

That's because the good ground roast coffee in the grinder is used to make the good freeze-dried coffee in the jar. Taster's Choice® 100% freeze-dried coffee. And for you decaffeinated drinkers, Taster's Choice Decaffeinated with the green label, 97% caffein-free. Taster's Choice. It's all you really need for good coffee.



FAMILY FOOD IDEAS

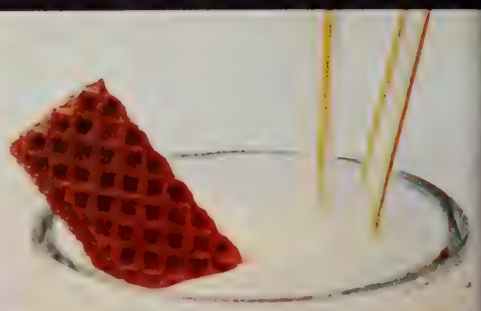
We look, smell and taste like ground roast.

The 30-second Fruit Float®

Fruit Float—everybody's favorite real fruit dessert. Just pour a can of Fruit Float into a bowl, add fresh cold milk, stir for 30 seconds, and it's ready to eat. Four servings.

Fruit Float comes in eight real fruit flavors. If you've got a little more time than 30 seconds, try one of these delicious Fruit Float recipes. Note: Times indicated do not include chilling and freezing.





The 4-minute Fruit Float

Ice Cream Shake

1½ c. cold milk
1 can Fruit Float (any flavor)
1 pint vanilla ice cream

Add milk to Fruit Float in large mixing bowl, st
30 seconds. Cut ice cream into 6 pieces and be
the Fruit Float with electric or rotary beater. Se
once. 4 cups. For a lighter shake, increase milk

The 10-minute Fruit Float



Raspberry Chill Cake

1 env. (2 oz.) whipped topping mix
½ c. cold milk
½ tsp. vanilla
1 (9¾ oz.) packaged angel food cake
1 can Raspberry Fruit Float
Raspberries or maraschino cherries, garnish

Line 9" x 5" loaf pan
foil. Whip topping as
directs using milk an
vanilla. Meanwhile, te
into 1" to 2" pieces, re
15 pieces. Fold Fruit
syrup into whipped t
then fold in cake piec
Turn into pan. Top wi
reserved cake pieces.
until set. Remove fro
and remove foil. Garn
with fresh berries; cu
into 8 slices.

e 5-minute Fruit Float

ry Ice Cream Pie

nilla ice cream
wafer cookies
lueberry
Float
emon juice

e cream to
n refrigerator
5 min. Line
ate with cookies.
cream; blend in
Fruit Float. Add lemon juice. Fill pie plate. Freeze. Let stand in refrigerator 20 min. before cutting.



3-minute Fruit Float

Coconutty Peach

1 can Peach Fruit Float
¼ tsp. powdered ginger
1 can cold milk
½ c. flaked coconut, toasted
¼ c. chopped pecans, toasted

Blend ginger into ¼ c. Fruit Float syrup. Stir in remaining Fruit Float. Add milk, stir for 30 seconds. Place ¼ c. Fruit Float in each of 4 dishes. Combine coconut and nuts; add a heaping Tbsp. to each glass. Top with remaining Fruit Float and coconut mixture.

Cherry Mallow

1 can Cherry Fruit Float
1 can cold milk
⅛ tsp. lemon rind
1¼ c. miniature marshmallows

Add milk to Fruit Float, stir for 30 seconds. Add lemon rind. Place ¼ c. marshmallows in each of 4 dishes. Add Fruit Float and garnish with extra marshmallows.



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AMILY OOD DEAS

McNeill & Libby

You'll like Libby's Libby's Libby's

New look in meat labels

Have you been vainly searching the supermarket meat case for a Beauty Steak, Horseshoe Roast, or a London Broil recently? Chances are you found meat cuts that *looked* like what you wanted, but were labeled "Beef Rib Eye Steak," "Beef Round Heel of Round," and "Beef Flank Steak Rolls" respectively.

No, this is not the meatman's new plot to confuse and frustrate you. Quite the contrary. It's all the result of an industry-wide change, officially known as the Uniform Retail Meat Identity Standards program.

About 20 years ago, industry leaders recognized inconsistent meat labeling as a problem. Since then, the problem has mushroomed due to the increased mobility of our population. In moving from one section of the country to another, consumers are baffled by the myriad new names in the meat case. No wonder. Common meat cuts wore over 1,000 different labels across the country—mind-boggling to say the least!

To study the possibility of uniform meat labeling, a group was formed with the tongue-twisting name of the Industry-wide Cooperative Meat Identification Standards Committee (ICMISC). The group was spearheaded by the National Livestock and Meat Board and included representatives from grocery and packer/processor operations of various sizes across the country as well as representatives from the Council of Better Business Bureaus, the White House Office for Consumer Affairs, and the U.S. Department of Agriculture.

After several years of work, the committee narrowed their recommended meat label names down to just 300, and the Uniform Retail Meat Identity Standards program was launched. Although the program is voluntary at this point, several national chains of supermarkets have already adopted the program and hopefully consumer pressure will cause the others to follow suit. Some states also have passed a law making the program mandatory on a statewide basis, and others have such legislation pending.

All meat labels will follow the sequence illustrated here. The first word (a) will indicate the kind of meat (beef, pork, veal, or lamb). The next word (b) tells

A wrap session fo
why Reynolds Wrap i®

Today, every supermarket offers a dizzying selection of food wraps. Of course, you can experiment with them all, to see which you like best. That's expensive. And, you accumulate a lot of different wraps you may not use very often. That's why it's a good idea to try Reynolds Wrap, early in the game. Strong, tear-resistant Reynolds Wrap is the best wrap around. That's why it can work best for you.



Reynolds Wrap does it all. Does it best.

You can cook with it, line pans and casseroles with it. It's a sandwich wrap, a leftover wrap. And nothing shapes and seals better than Heavy Duty Reynolds Wrap for freezing. It does everything plastic wraps do—and more. And, all you buy is one quality wrap, instead of many cheaper quality wraps.



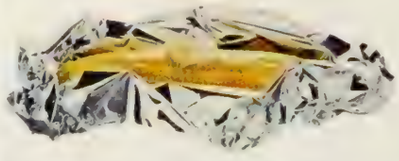
Reynolds Wrap doesn't "breathe", and that's good.

Most plastic store wraps "breathe", which means air can seep through. And air is just what you don't want for meat, poultry and fish stored in the freezer. Reynolds Wrap protects food. Seals in moisture, seals out frigid, dry air. Fresh meat and poultry stored in the refrigerator should be loosely wrapped in foil.

You can reuse Reynolds Wrap.



Plastic wraps are not made to be reused. Strong, tear-resistant Reynolds Wrap can be used over and over again.





It keeps hot things hot, cold things cold.

Because it's aluminum, Reynolds Wrap helps maintain the temperature of food wrapped in it or covered with it. It's best for outdoor use because picnic sandwiches, salads, and cold cuts keep cooler longer so they're fresh and crisp.

Reynolds Wrap gives you freezer-to-oven cooking.

When you freeze a roast in Heavy Duty Reynolds Wrap, you don't have to thaw it before cooking. That roast can go right from the freezer into the oven in the same Heavy Duty Reynolds Wrap you froze it in. Loosen foil around meat so heat can circulate.

Oven Temp.		Approx. cooking time per lb.		
Beef Roast	400° F	Rare 40-45 min.	Med. 46-52 min.	Well Done 54-60 min.
Chicken	450° F	Approx. cooking time		
	3½ to 4 lbs.	2 hrs., 20 min.		
	4½ to 5 lbs.	2 hrs., 50 min.		
	5½ to 6 lbs.	3 hrs., 45 min.		
Fish	450° F			
	12 oz. filets	40 min.		
	2 to 2½ lb. whole fish or fish steak	55 min.		
	3 lb. whole baking fish	1 hr., 15 min.		

Reynolds Wrap "Meal-in-a-Bundle" idea. It saves you money and



Here's a way to use lower-cost cuts of meat and make them taste delicious. You cook a complete main dish—meat, vegetables, sauce and seasonings—in an easily made "bun Heavy Duty Reynolds Wrap cook deliciously in Reynolds because it not only seals in the and juices, but also stays st the highest heat of your oven.

NEW ENGLAND BOILED DINN WITH MUSTARD SAUCE

Heavy Duty Reynolds Wrap
12 thin slices corned beef
6 wedges green cabbage
6 white onions, peeled
6 new potatoes, peeled
6 carrots, cu
2 (10¾ oz.) condensed broth
2 tbs. prepa mustard
10 crumbled gingersna

Line 13" x 9" x 2" casserol Heavy Duty Reynolds Wrap ing extra foil to fold over top. vegetables in boiling wate tender but firm. Place corne cabbage, onions, potatoes and in casserole. In saucepan, c remaining ingredients. Simm thickened. Spoon over meat a etables. Fold foil to make a Bake in preheated 400° F. o 40-45 min., or until vegetal easily pierced. Open foil, garn chopped parsley. Serves 6.

Reynolds Wrap. The best seller becaus quality and value.

Reynolds Wra been the leadin over all other fo plastics for mo 25 years. Maybe cause women they get consiste quality, roll aft Plus value. For example, wh buy the 200-ft. giant size Reynolds Wrap, you get 8 25-ft. for about the price of 6. getting 2 rolls free. And R Wrap *unconditionally gua* complete satisfaction, or we'l your purchase price.

FAMILY FOOD IDEAS

ɔung marrieds. (Or, ie best wrap around.)



You can Double-Batch with Reynolds Wrap.
(You can't with most plastics.) Just double your favorite recipe. Serve one batch, freeze the second in Heavy Duty Reynolds Wrap. And you have a frozen dinner ready to pop in the oven anytime you need it—right from your freezer to the oven. You save money double-batching because you can take advantage of meat and poultry specials.



PORK CHOPS ITALIENNE
(makes 2—13" x 9" casseroles, each serves 4)

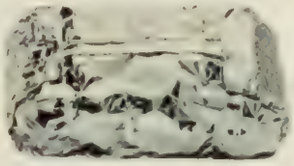
Heavy Duty Reynolds Wrap
8 thick pork chops
2 tbs. oil
Salt, pepper
1 lb. elbow macaroni, cooked, drained
4 (10½ oz.) cans condensed cream of mushroom soup
2 (10 oz.) packages chopped spinach, thawed, squeezed dry
2 cloves minced garlic
1½ cups milk or dry white wine
½ cup grated Parmesan cheese

Season chops with salt and pepper, then brown on both sides in oil, in skillet. Line two 13" x 9" x 2" casseroles with Heavy Duty Reynolds Wrap. Mix macaroni and spinach. Spoon equal amounts into 2 casseroles. Place 4 chops on top of each. Mix soup, garlic, and milk or wine. Spoon equal amounts over chops in casseroles. Sprinkle with cheese. Bake one in preheated 350° F. oven for 1 hr. Freeze second casserole. When it is hard, remove from casserole, overwrap with foil. When ready to use, remove overwrapping, replace in casserole. Bake for 1½ hrs. at 350° F.



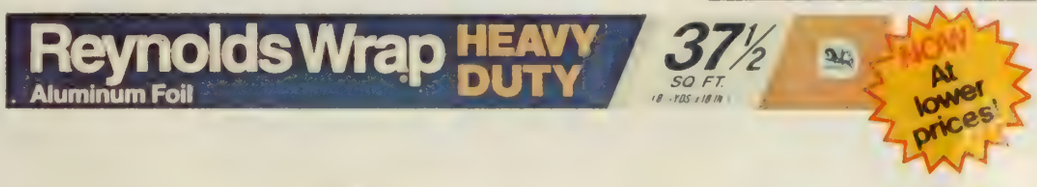
Nobody can make aluminum foil like Reynolds Wrap. It's patented.

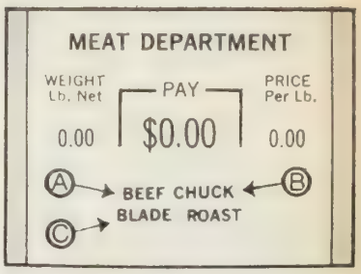
a strong foil with a great to tearing. And Reynolds ven-tempered for flexible That's why it's easy to You can wrap it and seal keep air out, so the food stays fresh longer.



It's best for freezing.

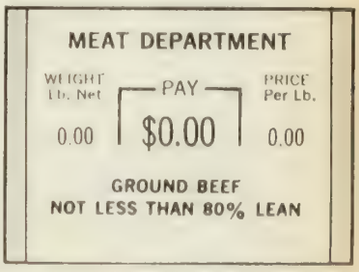
You pay too much for food to risk freezing it in any wrap but the best. So, use Heavy Duty Reynolds Wrap. It has the strength and flexibility to wrap, shape and seal as airtight as possible, so whatever you freeze stays protected against dry freezer air.





you the primal or wholesale cut such as chuck, rib, loin, or round. This shows where the meat comes from on the animal. These large primal cuts are then further divided into retail cuts (c) such as blade roast or sirloin steak. This name indicates what part of the primal cut the meat comes from. Retailers may also list the "old" name of the meat cut in addition to this information.

Ground beef will still be called ground beef and will be labeled either by the percentage of lean or fat. For instance, ground beef not less than 75 percent lean is the same as ground beef not more than 25 percent fat. Under the new standards, ground beef must be between 70 percent and 90 percent lean. If the name ground chuck or ground round still appears on the label, this merely tells you the beef was ground



from a specific primal cut.

The mystery of what's hiding behind the meat labels is over. Shoppers will soon recognize the new labels as a handy indicator of cooking techniques. Generally, cuts from the rib and loin should be cooked with dry heat, such as broiling, roasting, or frying, while those from the chuck and round require moist heat, such as braising or cooking in liquid (stews and soups).

In addition, the standardized meat labels help save you money. When a cut is accurately labeled, you can compare its value to other cuts' and, if you like, substitute another cut that might be on sale.

This new uniform meat labeling marks a triumph for ICMISC and the consumer as well. Such precise labeling will enable consumers to make more intelligent —and consistent—choices at the meat counter. After all, the consumer has the right to know and they should demand it. ■

HOW CAN ½¢ MAKE A HAMBURGER MORE FLAVORFUL?



Accent Flavor Enhancer has the answer

Getting all the flavor you pay for is important, especially today, with the high cost of meat and other foods. It takes less than 2 cents worth of Accent Flavor Enhancer per pound of meat (or ½ tsp. per 4-6 servings) to help restore its good, natural flavor.

The next time you make hamburgers try this.

Divide one pound of hamburger in half.
Mix ¼ teaspoon of Accent Flavor Enhancer into one half.
Form equal size patties from each half. Cook.

Then do a taste test. Try some of the hamburger without Accent Flavor Enhancer first. Then try ours. We think you'll notice a delicious difference—the hamburger made with Accent Flavor Enhancer will be more naturally flavorful and juicy.

During the trip to your table, many foods lose some natural elements that heighten flavor. The Accent people take one of the most important of these flavor elements from another natural food source (sugar beets).

Just add these pure, white crystals to foods to help restore their fresh, natural flavor . . . much as you might add water to a cut flower that has lost moisture to help restore its fresh beauty.

Serve your hamburgers with piping hot soup and a tossed salad. They need Accent Flavor Enhancer, too. Keep it with the salt and pepper, just as a reminder to use it.



FAMILY FOOD IDEAS

Foods need Accent Flavor Enhancer like flowers need water.

Miniature cakes



RHUBARB CUPCAKES WITH RHUBARB PINEAPPLE SAUCE

1 package 1-layer-size yellow cake mix
3 cups finely chopped fresh rhubarb
½ cup sugar
2 tablespoons cornstarch
1 cup unsweetened pineapple juice
Whipped cream

Prepare cake mix according to package directions *except* use 2 tablespoons less liquid. Fold in 1 cup of the rhubarb. Spoon into 12 greased and floured muffin pans. Bake in 375° oven for 18 to 22 minutes. Remove from the muffin pans immediately.

Meanwhile, prepare *Rhubarb Pineapple Sauce:* In a medium saucepan, combine the sugar and cornstarch; stir in the pineapple juice. Cook and stir till mixture is thickened and bubbly. Add remaining 2 cups rhubarb. Return pineapple juice to boiling; simmer mixture 5 minutes.

To serve, split 6 cupcakes. (Serve remaining cupcakes another time.) In serving dish spoon some sauce over bottom half of cupcake. Cover with top of cupcake. Spoon more sauce over. Top with whipped cream. Makes 6 servings.



Buying information, page 139

Photographs:

BOSTON CREAM PETITS FOURS

1 cup + 2 tablespoons sifted cake flour
½ cup granulated sugar
1½ teaspoons baking powder
½ teaspoon salt
½ cup milk
3 tablespoons cooking oil
¾ teaspoon vanilla
1 egg yolk
1 egg white
¼ cup granulated sugar
1 recipe Easy Vanilla Filling
1 recipe Chocolate Glaze

In small mixer bowl, stir together flour, the ½ cup sugar, baking powder, and salt. Add milk, oil, and vanilla. Beat 1 minute at medium speed on electric mixer, scraping bowl often. Add egg yolk. Beat 1 minute; scrape bowl. Beat egg white to soft peaks. Gradually add the ¼ cup sugar, beating to stiff peaks. Fold egg white into batter. Turn into greased and lightly floured 9x9x2-inch baking pan. Bake in 350° oven 20 to 25 minutes. Cool in pan 10 minutes. Remove from pan; cool on rack. Cut cake into 1½-inch squares. Split each square in half crosswise; fill with some of the Easy Vanilla Filling. Put squares on rack with waxed paper underneath. Spoon Chocolate Glaze evenly over tops. Let set. Makes 36.

To make Easy Vanilla Filling: Prepare one 3- or 3¼-ounce package *regular* vanilla pudding mix according to package directions *except* use 1½ cups milk. Cover surface with clear plastic wrap; cool.

To make Chocolate Glaze: Melt 3 squares (3 ounces) unsweetened chocolate and 4 tablespoons butter or margarine, stirring constantly. Remove from heat. Stir in 3 cups sifted powdered sugar and 1 teaspoon vanilla. Blend in ¼ cup boiling water. Add water, a teaspoon at a time, to form a thin glaze. ■



ad about soybeans; you
t they're a thrifty pro-
e. But what do you do
? Try substituting soy-
dried bean recipes, like
ans and soups. (Cook
longer than other dried
n when "done" they're
crunchy.) Here we've
the cooked soybeans
onings to make a tasty
urger.

Buying information, page 139

eter

IRGER

soybeans
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ons soy sauce
on cooking oil
n dried thyme, crushed
n dried dillweed
n chili powder
n ground cumin
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dry bread crumbs
ly chopped onion
ly chopped celery
ted carrot
on finely chopped
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ons cooking oil
ounces) monterey jack
halved diagonally
er buns, split and

an, combine soybeans
s cold water. Bring to
mmer, covered, 2 min-
ove from heat and let
our. (Or soak beans in
night.) Cover and cook
about 3 hours; drain.
e, combine millet and
er in saucepan. Bring
; reduce heat. Cook,
tirring occasionally till tender and water is absorbed, 40 to 45 minutes. In blender container, combine 3 tablespoons water, the soy sauce, the 1 tablespoon oil, the seasonings, and garlic. Add beans. Cover and blend thoroughly, stopping blender often and pushing mixture into blades with rubber spatula. Remove from blender. Stir in millet, crumbs, and vegetables. Using ⅓ cup for each, shape into eight 3-inch patties. In skillet, brown in hot oil, about 3 minutes on each side. Top with cheese triangle; cook till melted. Serve on toasted hamburger buns spread with mayonnaise or salad dressing. Garnish with leaf lettuce, sweet pickles, and salted tomato slices. Makes 8 sandwiches. ■

Potatoes—plain and fancy

Nothing squares a meal like potatoes. And French's offers many tempting ways to serve them—all quick and delicious. For easy oven casseroles, try French's scalloped or au gratin potatoes. And count on French's famous instant mashed potatoes anytime. Tastes really great smothered in gravy. Such as any of French's eight Gravy Makins flavors.

FAMILY FOOD IDEAS

Don't miss the boat!

French's GRAVY MAKINS BROWN GRAVY MIX



Get homemade-tasting gravy *and* this handsome gravy boat to serve it in—from French's.

French's Gravy Makins is ready to serve in 60 seconds! No cooking. No waiting. Just stir with boiling water and you've got it made—rich, smooth great-tasting gravy.

What's more, now you can have the perfect server—this classic Wm. A. Rogers Stainless Steel gravy boat and ladle by Oneida. It's only $3.99 with any *two* front package panels from Gravy Makins.

Gravy Makins comes in eight hearty flavors. There's Brown, Au Jus, Home Style, Pork, Chicken, Turkey, Onion and Mushroom. So take a minute out to make real home-cooked-tasting gravy. And another minute to clip the coupon below for your gravy boat.

French's we make your life delicious

To: R.T. French,
P.O. Box 142, Sherrill, N.Y. 13461
Please send one Wm. A. Rogers Stainless Steel gravy boat and ladle crafted in Japan especially for Oneida. I enclose front panels from any *two* packages of French's Gravy Makins plus $3.99.
check ☐ money order ☐

Name _____

Address _____

City _____ State _____ Zip _____

Allow 4 weeks for delivery. Offer expires 12/30/74, or while supply lasts.

Mint makes it better

Take the ho-hum out o everyday foods by ad pinch or sprig of fresh Here are a few ideas to going.

- Add a few fresh sp snipped mint to canned o made applesauce during minutes of cooking.
- Rub a fruit salad mo crushed fresh mint befor ing in the hot liquid gelat
- Perk up an appetizer fr or fruit salad with a s mint leaves.
- Top unfrosted layer ca a fresh mint sauce: Cre gether 4 tablespoons bu margarine and 1 cup sift dered sugar. Add 1 bea and ½ cup of orange jui before serving, stir in spoons finely snipped fre leaves.
- Add a few crushed min to a fresh berry pie.
- Add chopped fresh cottage cheese for a salad
- Sprinkle slices of chille melon with snipped mint.
- Heat canned pears with fresh mint leaves and a butter or margarine. Serv
- Freeze snipped mint le ice cubes to add to summ erages like lemonade.
- Sprinkle chopped mi hot buttered carrots, pe green beans.
- Season outdoor grille chops with salt, pepper bit of snipped mint.
- Simmer a sprig of cream of pea soup. Str just before serving.
- Make a mint-flavored cauliflower. Combine dairy sour cream, 2 tabl chili sauce, 1 tablespoo snipped fresh mint, 1 t lemon juice, and ⅛ teasp Chill well before servi raw cauliflower buds as d
- Make a fresh mint sa roast leg of lamb. I saucepan, combine ½ c gar, ¼ cup sugar, ¼ cu and dash salt. Bring to reduce heat and simmer, ered, for 5 minutes. Po ½ cup finely snipped min steep 30 minutes. Strai hot or cold. Makes ½ cu
- Add a sprig of fresh summer beverages such ics, sours, old fashione onades, any carbonate flavored beverage.
- Flavor lamb, ham, stews with a teaspoon c ly snipped mint. ■

Swift and Pillsbury present

Quick Pizza

Delicious mini-pizzas in 5 easy steps with Pillsbury Buttermilk Biscuit Dough and Swift Premium Brown 'N Serve Sausage





1. Preheat oven to 450°.



2. Press biscuit into 5-inch circle.



3. Spread 1 tbs. of spaghetti sauce.



4. Top with sausage, shredded cheese and oregano.

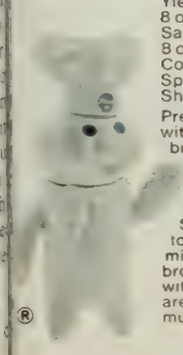


5. Bake at 450° 6 to 10 minutes.



© 1974 The Pillsbury Company, Minneapolis, Minnesota

RECIPE



Yields 10 individual pizzas
8 oz. package Swift Premium Brown 'N Serve Sausage links
8 oz. can Pillsbury refrigerated Buttermilk or Country Style Biscuits
Spaghetti Sauce or Catsup
Shredded Cheese • Oregano

Preheat oven to 450°F. Rub individual pizza pans with shortening. Separate biscuit dough into 10 biscuits. Flatten each into 5-inch circles. Press one into each pizza pan (or place on lightly-greased cookie sheet). Spread each with about one tablespoon of spaghetti sauce. Place one sausage link cut into penny-size slices on each. Sprinkle shredded cheese and oregano over top. Bake in 450°F. oven for about 6 to 10 minutes, until sausage is hot and crust is golden brown. Serve hot. Refrigerate leftovers. Start with this basic recipe. Then the personal touches are up to you. You can add anchovies ___ mushrooms ___ olives? ___

®

Please send me_____sets of 5 EKCO PIXIE PIZZA PANS. For each set I enclose 50¢ plus one (1) package flap from Swift Premium Brown 'N Serve Sausage and one (1) wrapper from a can of Pillsbury 8 oz. Buttermilk or Country Style Biscuits. Mail to: Pizza Pan Offer P.O. Box 1524, Evanston, Illinois 60204

Name_____

Address_____

City_____State_____Zip_____

Send no stamps; void where taxed or prohibited. Offer expires November 30, 1974. Allow six weeks for delivery.



FAMILY FOOD IDEAS

begins on page 68

Extraordinary settings

The accessories we've used for each table come from the same source as the china, glassware, and silver. You'll find where to buy them on page 139. Don't overlook your own possessions when you're creating a new look. Seldom used bibelots can help you create unique tables. Here's a price listing of the accessories used on our tables. Prices listed here were current at press time. You might find slight increases now.

Victorian Sampler page 68
Wicker napkin holder: (we used it as a toast rack) $1.50
Wicker-ware wine basket: $5.00
The comport holding apples at left on page 68 is made from two identical Dina pattern bowls, held in place with small dabs of floral clay.

Tudor Trimmings top, page 69
Cruet set: $8.00
Open braid candle holder: $11.00
Closed braid candle holders, a pair: $14.00
Octagon amber completer set, eight pieces: $20.00
Crouton dish with wrought-iron bottom, lower half of an incense burner: $4.50
Paisley jacquard bath towel: $7.00

Centennial Setting page 69
"Americana" beverage server: $11.50
Salt and pepper, a pair $4.50
Pressed glass napkin rings a set of four: $7.00
Milk glass comport: $6.25
Wooden candlesticks, a pair: $5.50
Coffee grinder: $14.00
Ashtray/pickle dish: $3.75
"Americana" five-piece accessory set: $15.00
White Plymouth dinnerware: (cups and saucers are priced individually on page 69), 45-piece set: $25.00

Classic Contemporary page 70
Target pattern completer set: $15.00
Short lusterware candlestick: $11.00
Tall lusterware candlestick: $13.00
Round, tempered hardboard place mats, to make, each approximately: $1.00

Country French page 71
Pitcher holding flowers: $1.75
Pepper mill and salt shaker, each: $6.00
Breadboard: $2.50
Aluminum cake pan used as a fruit container: $1.00
Brown bowl for breadsticks: $1.50
Three-piece brown sugar bowl: $1.75

Crochet place mat page 68
Designs: Jean LemMon
Materials: 4-ply knitting worsted (two 4-oz. skeins make three place mats and napkin rings); size I crochet hook. Finished size 12½x17 inches. Chain 53. *Foundation row:* 1 dc in 4th ch from hook, 1 dc in each ch to end of ch. Ch. 3. Turn. *2nd row:* 1 dc in each dc across row. Ch 4. Turn. *3rd row:* Miss first 2 st, dc in next st * ch 1, miss 1 st, 1 dc in next st. Repeat from * ending with 1 dc in top of turning ch. Ch. 4. Turn. *4th row:* Miss first dc and ch 1 * 1 dc in each of next 7 st. Ch 1. Miss 1 st. Repeat from * to turning ch. Miss first st of turning ch. 1 dc in 2nd st of turning chain. Ch 4. Turn. *5th and 6th rows:* As 4th row. *7th through 18th row:* Repeat 3rd to 6th rows inclusive, three times. *19th row:* Repeat 3rd row. End with ch 3. Turn. *20th row:* 1 dc in each st across row. Ch 3. Turn. *21st row:* Dc in each dc across row. Fasten off.
Steam press place mat to flatten slightly.

Crochet napkin ring page 68
Materials: 4-ply knitting worsted left over from place mats; size E crochet hook. Chain 20, join with sl st to form circle. *Rnd 1:* Ch 3, dc in each ch. Join last dc to top of ch 3 with sl st. *Rnd 2:* Ch 4. Miss first dc, dc in next dc * ch 1 miss one dc, dc in next dc. Repeat from * to end of row. Ch 1 join with sl st to top of ch 4. *Rnd 3:* Ch 3. Dc in each st across row 2. Join last dc to top of chain 3 with sl st. Fasten off.
Lace ribbon through cen
if desired.

Patchwork tablecloth page
Materials: 2 yards each
patterned or different co
rics (45 inches wide); n
thread. Seams: ½ inch.
size: approximately
inches.
1. Starting on the fold, c
8-inch strips across the
each piece of folded fab
ing four strips of each
fabrics, stitch them toget
tating patterns.
2. When you've stitched
together, use the remai
strips to stitch together a
section.
3. Cut eight-inch strips ac
stitched fabric strips. Eac



ections should yield five ight inches wide. Pin these ps together staggering the s and stitch (you should ome isolated squares on nds which will give it a appearance temporarily). move the isolated top and stitch them onto the of the strips retaining the hed patchwork design. e the bottommost squares itch them up into the on the top following the rocedure. This will even pattern and give you the possible cloth, without If you prefer a smaller buy less fabric, make the itched together sections and stitch fewer strips r for width.

5. Turn all edges under two inches and hem.

You might want to use the same procedure for making patchwork dinner napkins.

Tasseled table runner page 69

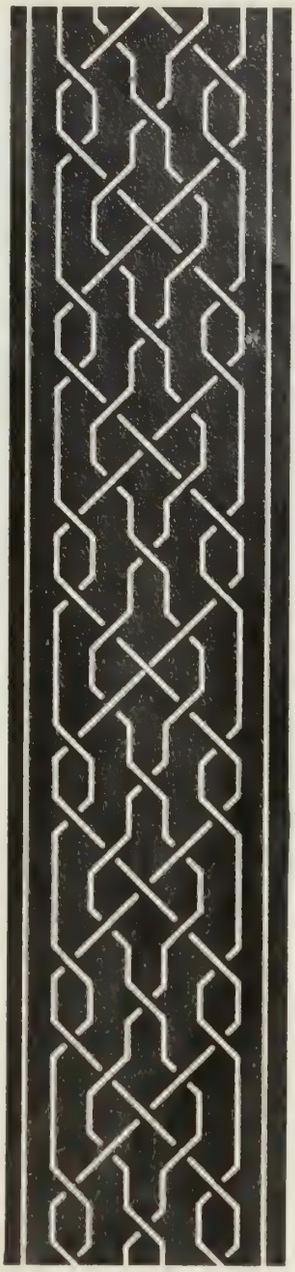
Materials: 1 terry bath towel; two 4 oz. skeins 4-ply knitting worsted.

1. Trim fringe from bath towel and turn under raw edges. Machine-stitch down.
2. Make yarn tassels for each end (approximately 1½ inches apart or 16 tassels per end). To make tassels, cut cardboard 5x5 inches. Cut a strand of yarn 16 inches long, double it and lay it across the cardboard square, near and parallel to the edge that will form the top of tassel.
3. Hold strand in place while you wrap yarn around the cardboard 25 times. Cut yarn from skein. Slip scissors between yarn and cardboard to cut all yarn strands at bottom edge of tassel. Carefully tie the doubled 16-inch strand around all strands of yarn to secure them at the top.
4. Remove cardboard and hold all strands together. Wrap a single strand of yarn around the tassel ½ to one inch from the top. Wrap eight to ten times around tassel, tie tightly. Stitch tassels to towel ends with double strand of thread.

Embossed napkin rings page 69

Design: Ciba Vaughan

Materials: One sheet shiny tooling aluminum; poster board or other flexible cardboard; wooden orange stick or other blunt instrument such as an inkless ballpoint pen; masking tape; epoxy; tracing paper.



1. For each napkin ring, cut a 4¼ x 7-inch piece of aluminum.
2. Trace tooling pattern (see drawing) on paper; cut around tracing and center it on aluminum. Tape in place.
3. Cover your work surface with a heavy bath towel. Place the aluminum on the towel and pressing firmly with the point of orange stick, trace outline of design on the aluminum. Trace over each line only once; try to avoid overlapping strokes.
4. Remove paper pattern and go over every line again, directly on the foil, to sharpen and deepen indentation.
5. Cut a 2x6 ½-inch piece of poster board. Center tooled aluminum on poster board and glue in place. Fold edges of aluminum around poster board so they meet on underside and glue down. Gently bend strip into a ring; overlap ends about ½ inch and glue securely. ■

Pineapple packed in its own juice.



No sugar added. At Dole, sweetness comes naturally.



Taste the flavor of times long gone. In Heartland® Natural Cereal.

Your first taste of Heartland Natural Cereal will seem strangely familiar. As if you've tasted it sometime, someplace, long ago. As if, somehow, it's part of your past. Because it is. Pet Incorporated has reached back, beyond today's complicated, artificial times, to bring back a taste rich in the natural goodness Americans enjoyed long ago. Heartland has no artificial preservatives. Natural protein from natural grain. And three deliciously toasted natural flavors. Plain. Raisin. And Coconut. No cooking. None at all. You just add milk. And you can't help liking it. Because you have a natural taste for Heartland.



For free recipe booklet, write:
HEARTLAND COOKBOOK, PET INCORPORATED
Office of Consumer Affairs
400 So. Fourth Street
Saint Louis, Missouri 63166

PET
INCORPORATED

begins on page 56

Fishing tackle for kids

When buying a reel, rem that you get what you p Good reels can be had for $20, but it's best to stay from reels priced unde Cheap fishing tackle doesn't stand up to long u could cause heartbreak by that really big one get awa your eager boy or girl.

Choosing a rod

There are two schools of t on how well built and ex a child's fishing rod sho One side says get gooc "start 'em right." The oth says buy cheap and "wor way up." Probably the bes to get the best outfit yo afford.

Less expensive fishin have as few as three line the more expensive mode have as many as eight. rod will have guides in su number to create an eve along the entire length of t When a line is under pres should flow along the ro even curve. If a guide is m a gap is created in the cu that weakens the rod. The number of guides increas ing distance and accura cause the line is kept mov straight manner.

The quality of guides from brand to brand, b should buy a rod with made from carbide-steel Other hard materials, s glass, also make excellent Monofilament line, with i hard surface, tends to groove guides made fro materials. The wear cre abrasive surface that i weakens the line.

The rod handle should b solid and dense so bits an won't rub off. The re (where the reel is attache rod) should be sound and rattles after the reel is a

Most fishing rods come pieces. A two-piece rod the ferrule, a fitting desi hold the tip and butt sect gether firmly, while a them to be separated for or transport. Ferrules t chrome-plated, stainless fiber glass, or plastic re and maintain close tolera tween male and female nents, making separation sections easy. In the pa ferrules were metal— and functional, but in They created a dead spo

lex and weaknesses devel-
bove and below the ferrule
is. Several manufacturers
ecently developed a ferrule
as an integral part of the
reventing gaps and weak
These new ferrules flex
ne rest of the rod.

e spin-cast reels are
ed on top of the rod, it's
tandable that spin-cast
nd bait-casting rods some-
get confused. In a pinch,
rod can be used with either
ut using a spin-cast reel on
-casting rod (and vice
isn't recommended. There
ferences between the two
for example, the bait rod
erally shorter and stiffer
e guide sizes are consist-
maller.

ait-casting rod is built to
heavy lures (like large
nd spoons) and has con-
le backbone. The spin-
d is designed for lighter
nd doesn't need the pool
perties required for heav-
s.

the guide sizes differ for
reasons. Since a bait-cast-
el sends line straight
the guides from spool to
guides don't have to be

-cast monofilament, how-
ills off the spool in a cir-
pattern. The guides must
the line to carry through
cular pattern as it wobbles
the guides. If a bait-cast
re fitted with a spin-cast
smaller guides would cut
distance, and produce too
wear on guides and line.

g the right line

ou've picked the right rod
el, it's time to choose the
fishing line. You may be
scrimp and save on other
f your child's outfit, but
uy anything less than the
e.

strength is measured in
test, or the amount of
train a line can take with-
eaking. Common sense
guide you in your line
Obviously, you don't
use two-pound test line
rthern pike or muskel-
and you don't want 20-
est for sunfish or crappies
A line between eight- and
nd test is usually right for
l's reel. That's heavy
to take abuse and light
to be invisible to the fish.
a beginner in any other
your novice fisherman
equipment a more rigor-
rkout than will the be-
ed veteran who knows
e's doing. Whatever you
ke sure it's an outfit that
nd up to the beating a
n dish out. ■

Dollar for dollar, how does other meat stack up to SPAM?

SPAM gives you good-tasting, good-quality meat at a good price. In fact, this special blend of chopped pork shoulder with ham meat added actually costs you less, ounce for ounce, than the nation's leading sliced bologna.*

But price is only part of the story. Unopened, SPAM stores without refrigeration. Travels without fuss. And it's ready any time to slice, dice, or grill and serve in dozens of great sandwich combinations.

Next time you shop, try SPAM, or for pennies more, SPAM with Cheese Chunks or SPAM, Smoke Flavored.

*Based on a 1974 survey of national retail prices.

A lot of meat. But not a lot of money.





SPAM is a registered trademark for a pork product packed only by Hormel.

FINE FOOD PRODUCTS

More great SPAM ideas for Summer:

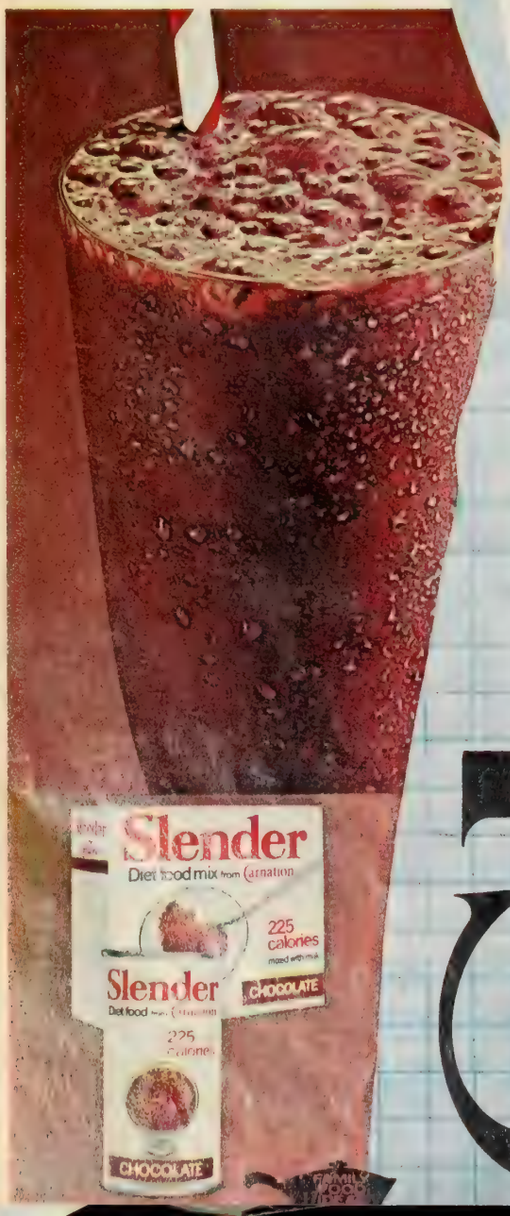
FAMILY FOOD IDEAS

MEDITERRANEAN SALAD. Lightly brown thin strips of SPAM. In your favorite Italian salad dressing, toss them together with cubes of boiled potato, tomato wedges, ripe olives, filets of anchovy. Chill and serve.

SPAM KABOBS. Arrange chunks of SPAM on skewers with your favorite kabob garnishes—pineapple chunks, green pepper, mushrooms, onion, olives, pickles. Brush with a barbecue sauce or salad dressing. Broil over hot coals, basting occasionally.

Slender is for taking it off and keeping it off

It can help you peel off pounds fast. Or, it can help you hold onto the good figure you already have. Mixed with the substantial nutrition of milk or chilled from the can, Slender is just 225 calories. And it *works*. So ask your doctor, and get Slender.



slender

Surprising "sunchokes"

These knobby and gnarled plants are called Jerusalem artich —but that's a misnomer. They aren't artichokes and they're tive to North America, not Jerusalem. What are they really? bers—the roots of a special sunflower plant. "Sunchokes" ha crisp texture that's ideal for salads or vegetable dippers. cooked, they're a tasty substitute for potatoes.



HASH BROWN ARTICHOKES

Delicious variation on a potato classic—

2 pounds Jerusalem artichokes
¼ cup chopped onion
4 slices bacon, crisp-cooked, drained, and crumbled
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter or margarine

Wash and pare artichokes. Drop into boiling salted water to co Return to boiling. Boil, covered, 25 to 35 minutes or till ten chill. Shred artichokes. Add onion, bacon, salt, and pepper. M butter or margarine in 10-inch skillet. Pat artichoke mixture i skillet, leaving ½-inch space around edge of pan. Brown ab 10 minutes. Reduce heat, if necessary. Cut with spatula to mak wedges; turn. Brown 9 minutes longer or till golden. Seasor taste with salt and pepper. Garnish with bacon curls and pars if desired. Makes 6 servings.

Buying information, page



Photographs:

HERBED JERUSALEM ARTICHOKES

Pare these artichokes with a peeler, then use a knife to cut arou the bumpy areas—

1 pound Jerusalem artichokes
4 tablespoons butter or margarine
1 tablespoon finely snipped chives
2 teaspoons lemon juice
¼ teaspoon dried tarragon, crushed
⅛ teaspoon salt
Freshly ground pepper

Wash and pare artichokes. Drop into boiling salted water to co Return to boiling. Boil, covered, 25 to 35 minutes or till ten Drain artichokes and place in serving bowl; keep warm. In sa saucepan, melt butter or margarine; stir in chives, lemon ju tarragon, salt, and pepper. Pour over artichokes. Makes 4 servin



Around the world for 25¢ and a can of Lindsay.

(That's all it costs for the Lindsay Goes International Cookbook.)

Send us 25¢ and the label from a can of Lindsay Olives, and we'll send you our olive cookbook. It tells you how to make all the above and 147 other appetizing dishes. The Lindsay Goes International Cookbook will take you all the way from Eggs Florentine to Jack-O-Lantern Pizza with brief stops at Mexican Hat Salad and Turkey India on the way. All the really great olive recipes you've been hearing about or thinking about or wondering about all these years.



Send 25¢ and one label from Lindsay Olives and we'll send you our 95-page cookbook "Lindsay Goes International."

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Please send me _____ cookbooks. I'm enclosing one Lindsay Olive label and 25¢ to include postage and handling for each book.

Name _____

Address _____

City _____ State _____ Zip _____

Offer expires June 30, 1975.

Lindsay. A nice town. A great olive.



Nice Spice Raisin. Nutty Date Nut.
The newest to bake from Snackin' Cake®.



Our new flavors, Spice Raisin and Date Nut, are every bit as rich and moist as our other six flavors. And are they good.



Easy to clean up too. Just a fork, spoon, measuring cup, and the one pan you mix, bake and serve in.

Betty Crocker® Snackin' Cake®.
Something special to eat.
Nothing much to clean up.

FAMILY FOOD IDEAS

continued from page 15

Real estate broker

5) *Does your prospective agent run a sideline business, or is real estate his sideline?* Once it was common practice to combine real estate with insurance, but many independent authorities now tend to view both fields as being so complex that divided attention can militate against the best interests of the public. Innate ability counts most, of course; you'll have to do some careful evaluating of your man.

6) *Will your assigned sales representative be a licensed broker?* Although the office principal must be a licensed real estate broker, some states offer an interim "apprentice" salesman's license. Newcomers gain firsthand experience before taking the state broker's exam, which tests their professional knowledge. Chances are you'll be working with a salesman (they outnumber brokers five to one), and that does not mean you won't get excellent service. However, ask some questions. (*Sellers:* Will the office principal endorse all actions of the salesman? *Buyers:* Have you met the broker who will supervise and complete your transaction?)

7) *Is the office principal a member of professional societies?* While memberships prove nothing in themselves, there are numerous local, national, and regional groups to which a broker could belong, most of which set some minimum standards for doing business. The largest group is the National Association of Realtors. Realtors must be licensed brokers and should devote "full time" to real estate. Also, members are subject to review by the Association if there is concern about meeting the organization's Code of Ethics.

8) *How active is the agency office?* An agency which hides its light under a bush will limit its exposure and consequently the number of contacts it can make for either its buyers or sellers. Advertising is basic—but how widely does the agent promote his wares? For example, suburban and peripheral towns often need the purchasing power of the metropolis; metropolitan advertising is the best indicator of that awareness.

9) *What are your options about listings?* Local situations may vary, but usually you'll find several distinct categories of listings. (*Sellers:* Only some kind of listings permit an owner to sell directly to an agentless buyer without paying a commission. How willing is your agent to discuss your options, even though some may lose him his fee? *Buyers: If* you have no agent, is the seller free to offer you a share of what a commission might have cost?)

Though specific definitions may vary in different communities, here are some basic listing concepts:

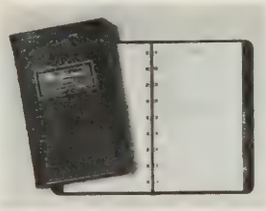
- *An exclusive listing* means you are represented by one broker's office for a specified length of time. If you sell the property yourself during that time (or another broker does), you still must pay a commission to the "exclusive" broker. The advantages of exclusivity usually are that it encourages the agent to promote the property at his expense and also lets the owner set conditions on prospects, hours, and so forth, with assurance that the conditions will be honored.
- *An exclusive-agency listing* is identical to "exclusive," except that the owner retains the right to sell directly without paying the commission. Most agents promote less actively in this case.
- *A "multiple" or shared listing* generally means that one broker contracts with the owner for the exclusive right to sell. Then he authorizes others of a subscribing group to share that right for a percentage of the commission. Exposure is wide, but quality and conditions are difficult to enforce.
- *An open listing* means that any designated agent—but only those designated—can represent the property. The owner also can sell the property direct without having to pay a commission.

10) *What does the agent think about your having commitments to other agents, too?* Understandably, most agents will offer better service if they have your exclusive commitment. On the other hand, some agents may work harder to bring off your transaction if they know there is competition. (*Sellers:* Which is worth more to you: exclusivity or exposure through multiple agents? *Buyers:* Does the agent caution you to warn him if you have been shown property by another agent?) While you are not held financially responsible for overlaps, there's a chance that a commission dispute be-

tween two agents might delay your closing or even destroy the sale—although usually such conflicts are resolved promptly by arbitration.

11) *What safety precaution will the agent take to identify the strangers he brings into your home?* Advertising attracts persons whom neither you nor your agent will know personally. No screening process is foolproof, but lack of screening is indefensible. (*Sellers:* What would you do if you had placed the ad? Can you tuck obvious valuables out of sight? *Buyers:* Be prepared to offer identification and to have your phone call returned at the number you give.) ■

Home maintenance records at a glance



Easy-to-use record book helps you keep track of every major way you enhance your home. Tabulated sections provide space for records of all home improvement, repairs, purchase, insurance information. Essential record to help get full value when you sell; handy tax, upkeep reference. 6⅜" x 4¼" spiral bound. No. 13918. $2.49 ea. + 35c post. & hdlg.; 2 for $4.29 + 50c post. & hdlg.

Please send me _____ Home Maintenance Record Book(s) No. 13918. Total amount enclosed $_____.

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Name _____

Address _____

City/State _____ Zip _____

Our guarantee: Money back if not completely satisfied.

continued from page 25

A guide to camper care

by brushing on a mild soap solution and noting the location of bubbles. *Never* check with a lighted match!

Most motor homes have a 12-volt auxiliary lighting system which draws power from a second battery. Give it the attention you give your engine electrical system battery and you shouldn't have any trouble. If your unit also has a 110-volt alternating current system for appliances, it will draw power from a separate generator which runs on gasoline from the main fuel system. This small gasoline engine must receive regular service, with proper lubrication and as much attention to dust and vibration as the engine compartment gets.

By doing your own maintenance—at least as much as your time, tools, and talent will allow—you'll become familiar with all the systems in your recreational vehicle and be prepared to handle almost any on-the-road repair.

Your take-along tool kit should include the following:

- Assorted sizes of open-end wrenches
- Rachet and set of sockets
- Ball peen hammer
- Hydraulic jack and two jack stands
- Emergency road flares and flags
- Tube of caulking compound
- Large screwdriver
- Extra belts for fan, generator, and air conditioner.

When you develop highway trouble you're sure you can't fix, call the nearest automobile dealer handling your make of chassis. Chances are he'll be familiar with it and will be able to help. Some dealers are equipped for full recreational vehicle service and may even send someone out to get a stranded vacationer going again. In some parts of the country one chassis manufacturer has roving mobile units to assist campers with mechanical problems on their units. These van units carry a vast assortment of parts for all makes of chassis, and the service men are trained in repair of RV appliances as well. The sponsor of the RV service program thinks of it as public relations, thus service charges are quite reasonable, and the units are on call 24 hours. ■



begins on page 44

How to keep cool for less

Insulation

According to the experts, adequate insulation is the single most effective way to keep your home more comfortable in summer and winter. It also reduces cooling and heating costs significantly. Insulating the attic floor alone can reduce cooling and heating needs by as much as 15 percent, since the attic is the area of greatest heat gain in summer and loss in winter. Full house insulation can save you even more.

Attic insulation is simple to install. Check your attic for a minimum of *six inches* of thermal insulation spread over the attic floor. Adequate attic insulation can pay for itself in just a few years—and save you money each year thereafter, depending on where you live and the type of upgrading you do.

Sidewall insulation is desirable, too, and it's a must in new home construction. However, insulating the sidewalls in an existing home isn't easy or cheap. You should get an expert's advice, but here is one check you can make to determine whether you need sidewall insulation. When the temperature outside is extreme, place a thermometer near the center of the room, and another on an outside wall of the same room. Wait four or five hours. If the temperature readings on the two thermometers vary by more than five degrees, you may need sidewall insulation. You also might consider insulation on floors over unheated areas such as a crawl space, porch, or garage.

Central air conditioning

If you're buying central air conditioning, select the new equipment very carefully. The correct capacity should be your first consideration, with efficiency and economy next. Here are some guidelines to follow.

For whole-house cooling, central air conditioning generally uses power more efficiently than room units do. If you already have hot air heating, central cooling equipment can often be installed at a reasonable cost.

If you decide to install a central system, the "energy efficiency ratio" (EER) is your most important consideration. To determine the EER, find out the capacity of the air conditioning unit in British thermal units per hour (Btuh) and the total electrical input in watts; be sure to include the input for the indoor (furnace) circulating fan. Then divide the capacity (Btuh) by the power input (watts). A rate of seven or more Btuh per watt represents a relatively good performance factor.

Cooling effectiveness of the central unit also will depend on efficiency of the overall system and its components (such as air distribution and return ducts, air outlets, thermostats, fans and blowers, etc.). A reliable contractor or dealer should be able to advise you on the air-conditioning unit and system that will best suit your needs. Look for the certification symbol of the Air-Conditioning and Refrigeration Institute (ARI) on air conditioning units. It indicates the unit meets capacity, performance, and safety standards set by ARI.

Room air conditioners

If you plan to buy a room air conditioner, determine the cooling capacity needed for the space to be cooled. This depends on many factors, including geographical location, size of room, insulation, windows, and sun exposure. The Association of Home Appliance Manufacturers (AHAM) has developed a cooling load estimat form to help you figure capacit needs. The form is available fro AHAM on request (20 Nort Wacker Drive, Chicago, Illinoi 60606), as well as from man dealers. In addition, an experi enced dealer can help you figur the required capacity, if you pro vide the data that's needed t compute it.

Next, figure the "energy effi ciency ratio." The AHAM spon sors a certification program fo room air conditioners that guar antees the accuracy of the cool ing capacity rating (Btuh) an electrical input data (watts an amps) on nameplates of certifie models. To figure the "energ efficiency ratio," divide the cool ing capacity by wattage. Th more Btuh per watt, the mor efficient the model. High efficien cy models conserve energy an keep operating costs down.

You should also look for fea tures in room air conditioner that improve performance, such as a thermostat (which automati cally controls the temperature) adjustable fans and movable louvers to improve air circula tion, and fresh air exhaus switches to aid in air circulatio and exchange.

Help him remember his mother's baked beans and he'll never forget yours.



There are some things a man never forgets. Like the great taste of those baked beans his mother used to make... and all the trouble she went to getting them that way. That thick, rich, dark brown sugar sauce. That chunk of pork. Those hours of baking in the oven. They were really a meal in themselves.

B&M. The taste you never forget.

B&M costs a little more because they're made the same way. With thick, rich, dark brown sugar sauce that's been really baked into every bean for hours and hours in real brick ovens. Heat up a can of B&M baked beans. They won't bring back the good old days. But they will give him a little taste of them.



FAMILY FOOD IDEAS

cool
already have an air con-
system of some sort, fol-
rules to get the best pos-
ice from it.
f all, keep the thermo-
it the *highest* tempera-
's comfortable for you.
er, for each degree you
thermostat, you may cut
costs by as much as
cent.
the air conditioner has
ied off and the house is
ed, try to lower tem-
gradually. This ma-
akes less power overall
s money, as well as re-
idden demands for pow-
er way to save is to close
s you do not use regu-
ch as a guest room—
the living room if you
spend most of your time
r family room. Portable
also improve air circula-
cooling effectiveness of
itioning by moving air
m to room.
are usually away from
ring the day, consider a
evice to start *room* air
ers two or three hours
u plan to return. (You
l a special type of timer
air conditioners that is
with a three-prong
l make sure the timer
ile the relatively large
load of an air condi-
Set the thermostat be-
and 85 degrees and the
turn on the unit two
ore you will arrive. The
es will be surprisingly
ble when you come in
to 100 degree temper-
tside. Once home, you
ually lower the setting
r comfort, if you must.
maintenance of both
nd room cooling equip-
essential for economic,
operation. Cleaning or
filters every month or
nust. On central air con-
the condenser coils lo-
side should be cleaned
ginning of each cooling
And it usually pays to
system checked at the
of each cooling season,
can have the thermostat
or accuracy at the same

approximately one
ne population lives in air
ed comfort. Thirty-five
Americans enjoy cen-
cooled homes, while
thirty-five million use
conditioners. Fuel short-
gether with inevitable in-
the cost of power—
eap, efficient ways to
home attractive, both
nterest of conserving
nd in easing the family

This is the way the great day comes:
With flutter of flags and rumbling drums,
With a brave brass choir in the village square,
And a night alight from the rockets' glare.

With the kids and kin in their ranks arrayed
At a picnic bench in the sheltering shade,
And the great, rich ham on proud display,
To crown the joys of the holiday.

Hormel Ham
an
AMERICAN TRADITION

In many a family this ham harks back for generations. A holiday tradition. For this was America's first ham in a can—the famous Hormel Ham, shaped, boned and trimmed, then baked in its own savory juices to rich full flavor. ● And now, from Hormel comes the great new Holiday Glaze Ham, with a unique, flame-browned flavor!

Geo. A. Hormel & Co., Austin, Minn.



TRADITIONAL HOLIDAY GLAZE

FAMILY FOOD IDEAS

½ cup pineapple juice
1 cup brown sugar
4 tsp. prepared mustard
2 to 3 tbsp. lemon juice
1 box whole cloves

Bake ham according to directions on can. Half an hour before ham is done, remove from oven. Pour off drippings.

Score the top of the ham about ⅛" deep into crisscrossed diagonals as pictured above. Insert a whole clove into each section.

Blend together pineapple juice, brown sugar, mustard and lemon juice, then spoon the mixture over the ham.

Return to oven for last half-hour of baking, basting frequently.

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Sundae Fluff. Only 8¢ a serving.

Surprise your family with this light and luscious dessert. It's simple to make but tastes special. All you do is:

Prepare one 6 oz. package (or two 3 oz. packages) of your favorite gelatin. Refrigerate until slightly set (about 1½ hr.)

Add one can Sweetened Condensed Milk (Eagle®, Magnolia®, or Dime® Brand) to gelatin and beat until light and fluffy. Spoon into individual dessert dishes. Chill and serve. Makes 16 half-cup servings.

Be sure to use Sweetened Condensed Milk. Not evaporated milk.

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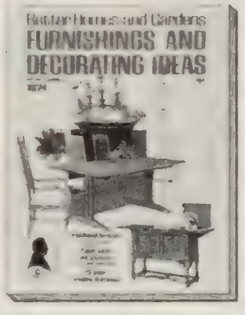
New Ideas

MEAT STRETCHER COOK BOOK

You can't do much about high meat prices, but this new book from Better Homes and Gardens shows y to make the most of the meat you buy. Included are tasting dishes that don't call for a lot of meat . . . thi soups, stews and main-dish salads. You'll also find ne to use leftovers, as well as delicious meals using meat substitutes such as fish, eggs, cheese and vegetable main dishes. There are plenty of recipes using low cost meat cuts, too . . . main dishes that make the most of all kinds of meats. Also included are recipes for meat stretchers that you can make yourself. Just $2.49, wherever books are sold.



FURNISHINGS AND DECORATING IDEAS Spring/Summer 1974



This Better Homes and Garden Publication features hundreds cost ideas to creatively person decorating scheme. Starting w walls, this issue points out ne interesting ways of combining wallpaper and paneling. A spec tion shows 25 smart ways to window, including information fo ing curtains, draperies, valanc swags. Also in this issue, traditional furniture that renovated by means of color, pattern and arrangemen tive ways to use photography; how to turn castoffs in furnishings; and the undercover story that explain difference in upholstered pieces. Just $1.35 at your stand now.

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Whether you're serving up a TV snack or a very party, this colorful new book from Better Homes and G is sure to become a hit with nibblers. Among the hig Fondues, pizzas, sandwiches, kabobs, cookies and dips and spreads, ice cream treats, canapēs, cocktail meatballs, crepes and patēs, fruit snacks and punches, even diet snacks. Includes a snack suggestion chart for such occasions as wine-tasting parties, after-game gatherings, patio parties and midnight mini-meals. The book is filled with color photos as well as garnishing hints and planning helps. Just $2.49, wherever books are sold.



mer coolers

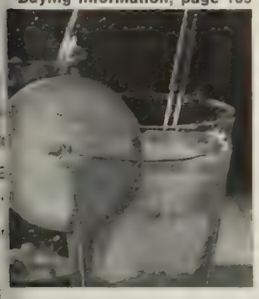


LE WINE PITCHER

cans frozen pineapple-juice concentrate
rt bottle (3¼ cups) dry ine, chilled
gar
non juice
e bottle (about 3½ inger ale, chilled

pineapple-orange juice ate according to label s. Add wine, sugar, and ice; stir till sugar is dis- lowly pour in ginger ale, ith an up-and-down mo- r over ice cubes in tall Makes 10 to 12 servings.

Buying information, page 139



HUBARB COOLER
esh rhubarb, cut up
)
gar
ter
nge juice
ons lemon juice
bottles (about 3 cups)
le, chilled

an, cook rhubarb with l water till fruit is very ut 15 minutes; press rough cheesecloth or d orange juice and lem- o rhubarb syrup. Cover To serve, pour ½ cup b liquid over ice cubes ss. Fill prepared glasses ger ale. Stir rhubarb- e mixture gently and kes 12 servings.

Photographs: Dieter



PASTEL PUNCH
1 quart vanilla ice cream
1 quart orange sherbet
4 cups orange juice
½ cup lemon juice
½ cup maraschino cherry juice
2 28-ounce bottles (about 7 cups) lemon-lime carbonated beverage, chilled

Break ice cream and sherbet into chunks in mixing bowl. Stir in fruit juices. Cover and chill. Just before serving, pour ice cream mixture into chilled punch bowl. Slowly pour in carbonated beverage, stirring with up-and-down motion. Ladle into chilled punch cups. Garnish each serving with a stemmed maraschino cherry, if desired. Makes about thirty 5-ounce servings. ■

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on the bottom?



on the side?

or this new way?


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Exclusive from Amana®
the new 3 door ice 'n water™ side by side automatic refrigerator

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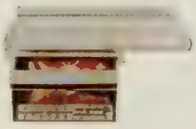
Two freezer doors help save power. You lose less "cold" when you open a smaller door than one that's full-length.



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Glazed Fruit Pie

1 package (6-serving size) Jell-O® Instant Pudding and Pie Filling*—vanilla flavor
2½ cups cold milk
1 baked 9-inch Mrs. Smith's Pie Shell, cooled
Strawberries, hulled and halved
Banana slices
3 tablespoons currant jelly, melted

Prepare pie filling mix as directed on package for pie, reducing milk to 2½ cups. Pour at once into pie shell. Chill at least 1 hour. Arrange alternate rings of strawberry halves and banana slices on top of pie filling. Brush fruits lightly with melted jelly. Chill 30 minutes longer.

*Or use 1 package (6-serving size) Jell-O® Pudding and Pie Filling—vanilla flavor; prepare as directed on package for pie. Chill 3 hours before adding glazed fruit topping, then chill 30 minutes longer.

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continued from page 8

Brain disorders

often in cool climates than in hot ones. There is no cure and very little effective treatment.

The disease results from the destruction of the fatty myelin tissue which insulates and protects the nerve fibers of the brain and spinal cord. The destruction occurs in irregular patches and in more than one location, giving rise to the term "multiple." Once the loss has occurred, the demyelinated nerves can no longer send the proper signal to the motor neurons. Early warning signs are slurred speech and patches of tingling and numbness. Later the victim may stumble unsteadily, have double or blurred vision, or feel extreme weakness.

According to Dr. Robert Layzer of the University of California, the first MS attack usually strikes suddenly, and lasts several weeks. Then the condition may seem to disappear, not to recur for several months or years. Some people never have a second attack, but most are stricken repeatedly, with intermittent periods of apparent improvement. Many victims are never severely disabled, but in some the attacks usually become more severe and progressively disabling as more and more of the nerve cells are scarred by demyelination. Eventually the patient may be unable to stand, walk, control his bladder, or see properly. Still, most victims have a normal lifespan and some can even continue working. One study showed that 35 percent still held jobs 15 to 20 years after the first attack.

The on-again, off-again nature of MS makes it difficult both to diagnose and treat. Doctors never know whether improvement results from therapy or is simply a natural interlude of remission. And early symptoms are so vague that some cases go undetected for years. Even when a doctor suspects MS, he may hesitate to diagnose it until a second attack confirms his opinion. Six years usually elapse between the first symptoms and the final diagnosis. Once MS is identified, little can be done to help the victim. Neither drugs nor other therapies have been consistently successful. However, rehabilitation can help some patients maintain skills, since the nerves themselves are not destroyed.

The big hope in MS, however, lies in research. Investigators now feel that they may be closing in on the cause which has eluded them for so long. In 1972, Congress established a nat visory commission to r status of MS research coordinate efforts. Fou ing avenues are being One line of investigatio environmental explanat MS occurs more frequen temperate zones of thi and throughout the wor the tropical and subtrop A second is a basic stu body's myelin-building which may lead to unde why the process someti wrong. A third seeks a ing virus or perhaps a reaction to a common v fourth hypothesizes th caused by a malfunctio immunological system causes the body to attac myelin as if it were an

The most intriguing tion of all, according to Layzer, is one that com and (4). The theory is th may cause some trivia to the tissue, altering foreign substance that s autoimmune reaction. planation is partially b by the discovery that steroid hormone which treat immunological appears to have some lim cess against MS. The being further studied tists who have reprodu lated disease of immu origin in the laboratory

Cerebral palsy, like ep not a disease at all, b symptom—a group of c affecting muscular co arise from damage to t oping brain, usually bef Because brain damage corrected, there is no cu ever, recent advances prevent further cases i ture, and aggressive reha therapy can help min effects.

Most cerebral palsy i early in the infant's lif half the 750,000 vic *spastic*. Their tightly c muscles make them wa lurching gait, fling their toss their heads, and sp guttural voice. Most of victims are *athetoid*, v stant, uncontrolled moti limbs. Less common is form of cerebral palsy by poor balance and falls, and by tremor of and feet. The type is de by which portion of the been damaged. Some vi only mildly affected and tively normal lives; othe fected in only one lim one side of the body. A have a mixture of seve of cerebral palsy and h and hearing defects as w

Hotpoint's 18-pound tub has a special perforated design that helps provide complete washing and rinsing results. And it's made with a tough porcelain-enamel finish that resists chipping and rusting.

Our Lady Executive™ washer has an energy-saving "Rapid Wash" setting for a complete wash-rinse-spin cycle in only 10 minutes. It also has an extra automatic second wash cycle that's ideal for heavily soiled loads.

Self-cleaning filter ring has almost 5 feet of filter surface that automatically strains the wash and rinse water throughout every cycle. No more messy filter cleaning.

You get 5 temperature and 5 speed settings, including Handwash, and an infinite water level selector. There's also an extended soak cycle that soaks up to 10 hours, then automatically goes into the wash cycle of your choice.

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prevent them.

Apart from headaches that are caused by injury, illness, or tumor, most fall into two types. *Muscle contraction* headaches strike because the person involuntarily holds his neck and scalp muscles in a tense position for a long period. Muscle contraction headaches can temporarily be overcome by heat, massage, or a muscle relaxant.

Migraine headaches, however, occur periodically, spontaneously, and without apparent cause. About two-thirds of the sufferers are women, and about half come

continued on page 118


THI
It's a special time
shared by your fa
and ours— the Kr
Family of Snacks.
Cheez Whiz
PASTEURIZED PROCESS CHEESE SPREAD
NET WT. 16 OZS. (1 LB.)
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FUNNER SUMMER

eez Whiz is fun for back rd parties. Spread Cheez iz process cheese spread nt from the jar on salami es and wrap around celery cks.

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continued

Brain disorders

from families that have a history of migraine headaches.

"Migraine" is derived from the Greek word "hemicrania," meaning "half the head," and the term precisely describes classical migraine. The attack generally occurs on only one side of the head, usually the same one in each attack, and is often marked by a visibly throbbing artery in the temple and by nausea and vomiting. Often the victim is warned of the headache by an "aura," in which he sees sparkling dots and spots, zigzag lines, or heatwaves, or is even temporarily blinded in one eye.

The great headache authority, Dr. Harold Wolff of Cornell Medical School, taught that migraine was triggered by emotional stress and could only be successfully treated by psychotherapy. A growing number of researchers now consider both the definition and the explanation too narrow. Many headaches do not meet all the criteria of classical migraine, yet are not muscle-contraction headaches. A woman's headache during menstruation is one example. These researchers believe that headaches result from some malfunction in the centers of the nervous system which control blood vessel dilation and contraction, and that this malfunction is related to the amounts of certain chemicals circulating in the blood.

Supporting this theory is an increasing body of evidence that certain foods—such as cheese, chocolate, and some hot dogs—which have high percentages of the suspect chemicals can in some individuals produce a migraine-like headache. If this discovery can be confirmed, it may lead to better means of headache control —and prevention.

For severe migraine sufferers, a new family of medicines has been introduced within the past decade. This medication, taken daily, can either stave off or reduce the headache's effects in 60 to 75 percent of severe cases, according to Dr. Neil Raskin of the University of California. For some people, however, the medication causes serious side effects which limit its usefulness.

There is still a note of cheer, however, for all migraine sufferers. Migraine headaches, for reasons unknown, generally decrease in frequency and severity after the age of 40.

Narcolepsy is a relatively rare condition whose victims themselves overwhelmed by uncontrollable desire to s They may suddenly drop to ground while walking or off at work, at school, or while eating. The naps may from a few minutes to hour

The disorder is neither dan ous nor life-threatening, alth certainly inconvenient for victims. According to Dr. liam Dement of Stanford Un sity, narcoleptic sleep seem lated to the rapid-eye-move phase of normal sleep which companies dreams, and ma sult from a disorder of the r centers controlling that pro Investigators have been ha capped in their study of na lepsy by the fact that no pa condition exists in animals w can be studied in the labora The disorder often can be a ated by drugs.

Brain tumors strike over 1 Americans a year and kill 8 many of them children unde Although modern treatmen keep victims of certain forn brain tumor alive far longer in the past, the overall cure has improved only slightly the past few decades.

Brain tumors are baffling cause their symptoms n many other disorders. Deper on the growth's location, the tim may have failing eyes hearing loss, dizzy spells, un sleepiness, sudden bouts of tability, or even loss of em or intellect. Moreover, man mors which would be consid benign elsewhere in the bod life-threatening in the brain cause in growing within the fined space of the skull crowd healthy cells and inte with or destroy their func However, these tumors are u ly encapsulated and if disco early may be completely rem surgically. Malignant tumor the other hand, sometimes roots like a plant and rem them completely is difficult out destroying large portio essential brain tissue in the cess. Moreover, some brai mors are secondary tu "seeded" by cancerous cells a primary tumor elsew Breast and lung cancers an so-called "black cancers" c skin seem particularly pro spread to the brain. Sometim is possible to cure the pri tumor but not its satellite gr in the brain.

Surgery and radiotherap main the chief weapons a brain tumor, but the great lies in drugs. Used alone combination with radiothe certain drugs have shown pr in reaching malignant ca

vhich cannot be attacked by ther means. The chief obstacle o greater use of drugs is the blood brain barrier," a process y which the body filters presumbly harmful substances out of he blood before they can reach elicate parts of the brain. The Jational Cancer Institute is vigrously investigating ways to enetrate this barrier.

Meanwhile, emphasis is on arly detection and rehabilitation. 'eople are urged to undergo a omplete physical examination 'hen they notice any sudden and nusual change in habits, from ersonality traits to visual ability. sophisticated technique called ie brain scan, which records oncentrations of injected radioctive material in cancer cells, an locate tumors in the very arly and most curable stages. 'or those people who have been 'eated for brain tumors and left 'ith some functions impaired, ehabilitation can now lead to nore normal living.

rain injuries—from accidents, alls, and blows to the head—laim an estimated 50,000 lives year and hurt perhaps three mil-on other people. Of all the many rain and central nervous system isorders, brain injuries are the ones most likely to strike the average American family.

Brain damage may occur as a result of the brain's impacting against the interior of the bony skull, causing bruises or lacerations which can have permanent effects. Or there may be internal bleeding or bleeding over the entire surface. Sometimes the injured brain swells or fluid collects, putting pressure on the cells. There may also be damage from an object's penetrating the skull and brain, or from depressed skull fracture which bruises the brain beneath it.

According to neurologists, you should be concerned about any head injury which involves increasing loss of consciousness or causes paralysis or other disturbance of brain function. And Dr. Gary Goldstein of the UC's pediatric neurology branch suggests that parents watch for the following signs after a head injury to children:

- Unconsciousness for more than a few seconds
- Persistent vomiting
- Dilation of one eye pupil
- Limb weakness
- Convulsions
- A second bout of nausea, more severe than that which followed the accident.

Although parents are frequently cautioned to wake up an injured child every hour or two, to check his condition, Dr. Goldstein demurs. He suggests that if parents are that concerned, they should immediately seek medical attention. ■

begins on page 54

Is a car pool for you?

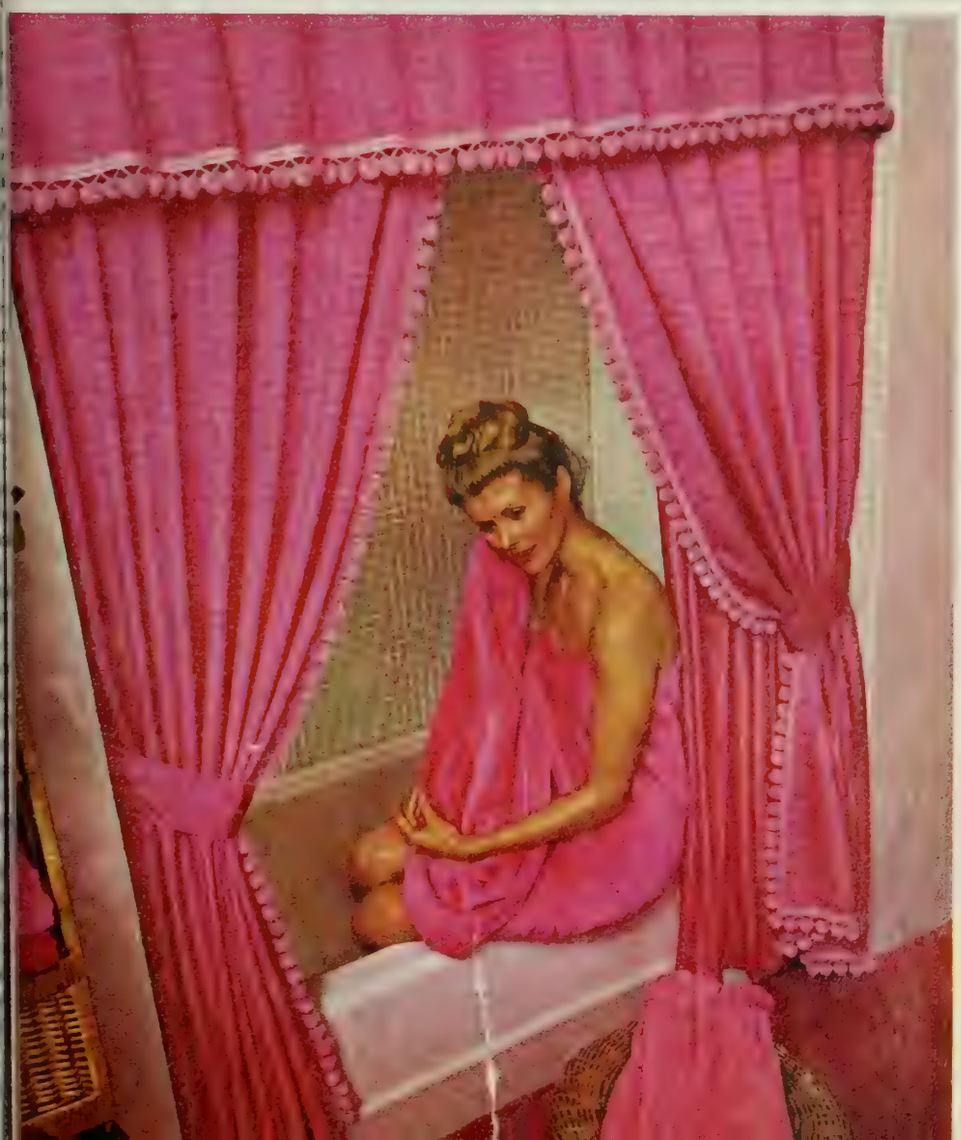
liable for ordinary as well as gross negligence.

Paying car pool riders are not generally found to be guests by the courts, and many auto liability insurance policies contain clauses exempting company liability if the insured vehicle is used to carry passengers for a compensation.

To preserve insurance coverage, therefore, you must operate the car pool at cost. Any car pool fee should not exceed a fair share of the gas, oil, and general depreciation of the car. Government data estimates the cost of operating a car over a ten-year, 100,000-mile period to average 13 cents per mile. The Insurance Institute suggests that non-driving passengers reimburse pool members with an annual gift, thus removing the "fee" concept from the car pool and leaving insurance intact. The gift's value will depend on such variables as the number of pool members. The gift, of course, should approximate the monetary share you'd otherwise pay.

Before you firmly commit yourself to driving participation in the car pool, it's wise to check with your insurance agent concerning your liability coverage. Be sure you know where the insuring company stands regarding the guest statute in your state. And while you're at it you might check on the possibility of raising the bodily injury liability of your present automotive coverage; the $20,000 coverage limit carried by most people may be seriously inadequate if you were to be involved in an accident with four or five people in the car. Increasing the limit to $300,000 won't cost you a prohibitive amount in proportion to the added protection you'll receive.

If you don't plan to participate in the car pool driving, but will reimburse the others instead, check on a discount for your present coverage, since your driving will be reduced. ■



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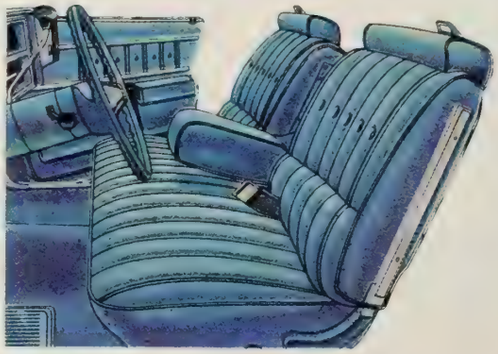
Chevelle Malibu wagons. Mid-size, mid-price. Makes sense.

You'll find sensible value in Chevelle wagons. Especially in the new top-of-the-line Malibu Classic Estate. Priced and sized between the full-size Caprice Estate and the sporty Vega Woody, it is an attractive choice for many families.

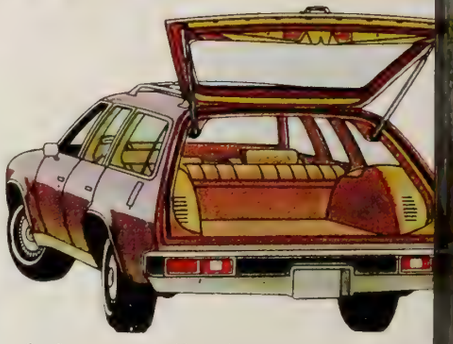
A new look to go with a trim feel. From the new grille to the new rear bumper, it's sleek and graceful.

And if that sounds like unusual talk about a wagon, wait until you sample the ride. With refined Full Coil spring suspension that includes a front stabilizer, the Malibu Classic Estate is a wagon that can handle a road as well as a load.

An interior that's easy to look at and care for. Featuring a new full-foam front seat with fold-down center armrest. To go with it, there's a color-keyed instrument panel, soft-rim steering wheel and new color-keyed carpeting. It's a practical interior, too, with washable vinyl upholstery and trim. On 3-seat models there's an instrument panel tailgate release and door-ajar warning light.



A wagonload of practical features. Including a convenient hatchback tailgate that swings up and out of the way. It gives easy access to the cargo area and hidden stowage compartment. And to the roomy rear facing third seat on 3-seat models.



A Turbo-Fire 350 V8 with automatic transmission is standard. There are power front disc/rear drum brakes, steel guard beams in the side doors, and double panel design hood, roof and tailgate construction.

It's traditional Chevelle value in a beautiful new package. With just enough size for many families. The Chevelle wagons — sensible offerings from **America's family station wagon builder.**

CHEVROLET MAKES SENSE FOR AMERICA. Chevrolet

The wilderness experience in our national parklands



By George Bush

Wilderness is what lies beyond highways, restaurants, picnic tables, telephones, lifeguards, comfort stations, opening and closing hours. It is the one place you are truly on your own—a realm where you feel your senses reviving, picking up subtle scents and sights. The wayside flower you used to overlook on the rush between tourist attractions now occasions a lengthy stop, and you pay no admission fee. A tree is no longer merely a tree; it turns into bark, branches, soft moss on the trunk. What formerly seemed silence all at once becomes sound—animal rustles, bird talk, the whisper of the wind.

You can find this wilderness experience in most of our national parks and nature monuments. Some parklands are wilder than others, of course, but even the most popular abound in primitive backcountry. Simply by shunning the most trampled trails, you can find yourself deep into wilderness pleasures after just a short walk from your campground or lodge. Or you can embark on a multi-day hike-in.

By all means, take your children along. They may limit the distance you can travel, but not much; most kids beyond kindergarten can manage five miles a day easily. And they'll probably catch on to the routines of living with nature more effortlessly than you will; after all, they haven't been around long enough to be conditioned to the array of burdens we call modern conveniences.

What's more, in this time of fuel shortage, wilderness vacationing offers yet another plus. True, you must travel to wherever you're going, but most national parklands are accessible by public transportation, and once there, you're not likely to use much energy except your own.

This article describes nine selected national parks and nature monuments whose wilderness experiences are sure to delight you, each in its own unique way.

The Guadalupe Mountains

As you may suspect, our newest national parks are generally the most primitive, but that's only partly because there hasn't been enough time to develop them. A much more important reason is that our national parks philosophy has changed: these nature preserves are no longer being designed for general rubbernecking and assorted outdoor sports but to safeguard their unique treasures.

The two-year-old Guadalupe Mountains National Park is an impressive example of the new wilderness approach. This park, encompassing some 77,000 acres of the world's largest exposed fossil reef, doesn't even have the customary visitors center. You pick up maps and other literature at a small clapboard house situated off US-62/180 about 55 miles southwest of Carlsbad, New Mexico, and 110 miles northeast of El Paso, Texas.

What you learn from the brochures is that the vast desert all around you was once the bottom of a shallow inland sea, and that the towering cliffs of the Guadalupes were built over the ages by lime-secreting algae and other tiny organisms.

Today, the Guadalupes' limestone escarpments rise more than 3,000 feet almost straight up to an altitude of 8,750 feet—high enough so that there is a vertical change of climate. As a result, you find here one of this continent's great ecological wonders: a place where the flora and fauna of the Mexican desert and the Canadian North exist side by side. Nowhere else will you see cactus and Douglas fir flourishing next to each other, and maples mixing it up with mesquite. Wildlife is equally varied: mountain lions and black bear, mule deer and elk, wild turkeys and desert reptiles, peregrine falcons and the rare golden eagle.

In frontier history, too, the Guadalupes have played a fascinating role. Being clearly visible for dozens of miles in all directions, they constituted a logical meeting point for stagecoaches. In the 1860s, the famed Butterfield Line connected up here, with the coaches from St. Louis meeting those from San Francisco. It was hardly the safest rendezvous, however, for the Guadalupes remained the last stronghold of the war-like Mescalero Apaches until almost the turn of the century.

You can explore the Guadalupe Mountains only on foot or horseback. Either way, you have a choice between one-day excursions and extensive trips with one or more overnights in designated backcountry campsites along the park's 55 miles of rugged trails.

All in all, extensive trips into the park are not recommended for wilderness novices. Even if you've opted for horseback, you must be prepared to do some hiking, since there will be steep places where it's a good idea to dismount and lead the horses. But such difficulties should not discourage you from taking at least day trips into the park's canyons, whose relatively level trails can be hiked by almost anyone in sturdy boots. Of course, on the lower trails you won't get those breathtaking vertical perspectives and 100-mile views across the desert that the top, and particularly its western escarpment, offers. But for flora, fauna, and fossil finds, the cuts between the cliffs are incomparable.

One easy walk is the six-mile round trip from the end of the road beyond the information station up Pine Spring Canyon to the "Devil's Hallway," an impressively narrow gap between two high cliffs. Rangers lead two-hour interpretive nature walks of lesser distance into the same canyon several times a week in the summer. However, the most scenic of the park's canyons, and the richest in easy-to-see fossils, is McKittrick Canyon, whose mouth may be reached by a spur road about ten miles north of the Pine Spring information station.

More challenging, but still feasible in a day, are the steep hikes to the top of Guadalupe Peak, the highest point in the park, a round trip of eight miles, and to the "Bowl," a forested expanse in the high country, resplendent with fir, Ponderosa pine, juniper, and aspen, a hike of ten miles.

For horseback riders, the park's customary access is Dog Canyon, reached via State-137 south from Carlsbad. One-day rides through Dog Canyon and up Lost Peak ($20 per person) are scheduled weekends by the Magby Ranch, which also outfits guided pack trips by special arrangement (from $20 to $50 per day, depending on the number of riders and extent of the trip). For information, write 501 N. Happy Valley, Carlsbad, New Mexico 88220.

Motels in all price ranges are plentiful in Carlsbad, but if you want to stay closer to the Guadalupes, and next door to Carlsbad Caverns National Park, there's Whites City, a roadside complex of motels, eateries, campsites, and souvenir shops, on US-62/180, 28 miles northeast of Guadalupe Mountains Park. There is also an improved campground at the park's Pine Spring Canyon entrance.

Public transportation (plane and bus) can bring you as close as Carlsbad, where rental cars



Hikers in the primitive Guadalupe Mountains carry canteens or go dry.





Lassen Volcanic National Park

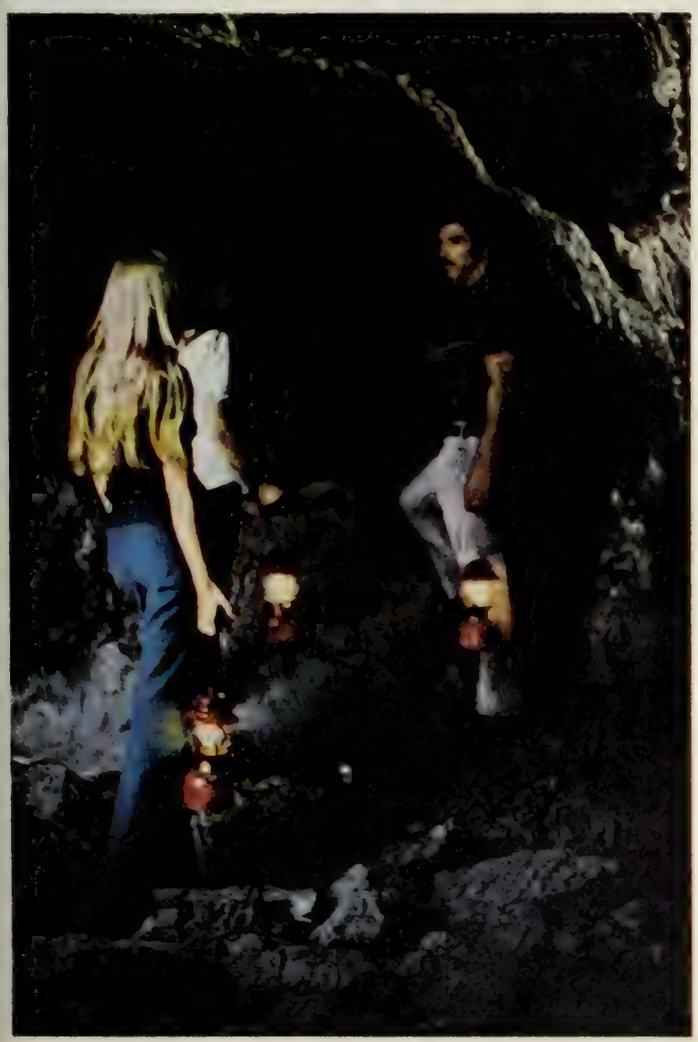
The least crowded areas in the summertime at Lassen are around Juniper Lake and idyllic Warner Valley, both situated north of Chester, California, at the park's southeastern corner. You can be off by yourself just by walking a quarter mile. Yet Warner Valley's Drakesbad (dragon's bath) region offers the park's greatest variety of thermal phenomena: the bubbling "mudpots," hissing fumaroles, and geysers of desolate Devil's Kitchen, and even a boiling lake, all within an easy half-day's hiking distance of a simple campground and a rustic lodge. Juniper Lake, also with a primitive campground, lies in a quiet forest at the end of another nearby park road.

And deep in the park, linked to all its gateways, are 150 miles of well-marked trails, including one that climbs Lassen's volcano summit.

For your headquarters, you can choose from among the small, cozy lodges and resorts, or try the national forest campgrounds between Mineral and Chester.



For explorers of Texas' steep Guadalupes, "get a horse" is good advice.



Lava Beds National Monument

In this uniquely intriguing area of northern California, the wilderness experience lies underground —in its many mysterious lava-tube caves formed by long-ago volcanic upheavals. Of the more than 290 known caves that honeycomb the preserve, 19 are easily accessible. You can explore them on your own, with lanterns available from park headquarters.

Catacombs Cave is the most thrilling of those that can be reached by car. You'll soon feel lost in its chocolate-fudge labyrinth of intertwining, forever-branching corridors, some with ceilings so low you have to waddle like a duck.

Aboveground, Lava Beds offers interesting trails across vast lava flows, around cinder cones, and to gaping craters. This wilderness area covers 28,460 acres.

There's a campground in the park, several others in the adjoining Modoc National Forest, and motel accommodations in the town of Tulelake, 30 miles north of park headquarters via the Tulelake Wildlife Refuge.

are available. For park information, write Guadalupe Mountains National Park, 3225 El Paso Road, Carlsbad, New Mexico 88220.

Pinnacles Monument

The amazing Pinnacles of the Gabilan Range in what is now California's San Benito County (the subject of the photograph on the opening page of this article) have not always been where they are today. Geologists pinpoint the original location of the volcano, from which rain and wind carved monumental orange and black spires, as being 195 miles southeast, near Tehachapi. It took the mountain 23 million years to cover this distance, and it's still on the move, part of the earth crust shift along the San Andreas fault. The Pinnacles travel toward San Francisco, now a mere 130 miles away, at a speed of 1.57 inches a year. That's about a foot in eight years, three yards in a respectable lifetime.

Sometimes it seems that hikers don't move much faster than that as they pant up the trails of Pinnacles National Monument. These trails, exposed to a relentless sun, are mighty steep in places, so much so that the park service has chopped steps into the rock of some particularly adventurous pitches and equipped them with iron railings for safety.

Wilderness? No, not really. With their meticulously maintained trails, the Pinnacles are too manicured to qualify as such. But except on the crowded spring weekends between Washington's Birthday and Memorial Day this lovely parkland will serve well to introduce you to the wilderness experience.

The Pinnacles rise just to the east of the Salinas Valley, off US-101. There are two accesses: its small, rarely filled-up Chaparral Campground, 11 narrow, bumpy miles east of Soledad; and its more popular Chalone Creek-Bear Gulch entrance, with visitors center and improved campground, on the east side of the monument, 35 miles south of Hollister and 32 miles north of King City, via State-25. For accommodations, if you don't camp, you'll find low-priced motels in all these little nearby towns.

The Chalone Creek side is more popular since it offers a number of short trails without strenuous uphills. For instance, you can take a half-day three-miler up the Moses Spring Nature Trail to the Bear Gulch Caves, which are not true caves but the narrow crevices of a canyon over which tumbled boulders have formed a roof. Be sure to bring a flashlight for this adventure. Not that you are likely to get lost—there are always other families with happily squealing children about—but you might bump your head in some of the crooked, low-roofed stretches. Above the caves, you come out to a lovely lake of Alpine blue, surrounded by gentle slopes covered with meadows and sun-scorched chaparral—a "pigmy forest" of water-storing plants like greasewood, manzanita, and buckbrush, which, in knee-high, stunted form, can survive in this arid region.

For the finest day hike on this side of the monument, cut right from the lake to the High Peaks Trail that winds up over the slopes to the pinnacle-studded crest of what was once the volcano's rim. The trail, having risen some 1,500 feet, follows this crest, rising and dipping quite steeply in places, offering breathtaking views at every turn, a panorama that embraces the Pacific Ocean to the west and the Sierra Nevada to the east. You return through Condor Gulch and come out where you started, into the cool shade of live oaks at the visitors center on the Chalone Creek-Bear Gulch side of the park. This hike totals about seven miles and takes from four to six hours on the average.

From the western Chaparral Campground, it's a considerably longer trip to the Pinnacles. You have a far better chance to find yourself alone here on the spectacularly scenic and often steeply pitched Balconies Trail, which crosses the Pinnacles' other rim to the Chalone Creek Campground (3.2 miles) and there connects you to the High Peaks Trail in Condor Gulch and to the Chalone Peak Trail, leading to the park's highest point.

The nearest town of access to the Pinnacles by public transportation is Salinas (daily bus connections), where you can rent a car. For more information on the park, write Pinnacles National Monument, Paicines, California 95043.

Canyonlands

Some 20 years ago, a tall, sinewy schoolteacher set out on foot from Moab, Utah, to prospect for uranium in our country's wildest, most inhospitable corner, a labyrinth of eroded, jumbled canyons, brutally dry desert mountains, and mysterious underground rivers. After 18 months of lonely hell, the prospector, Venon Pick, found his mother lode—the world's largest known uranium deposit—and dragged himself back to civilization richer by ten million dollars.

A few desolate mining trails of the uranium rush, now dor-

mant, still cut through that remote southeastern corner of Utah, but even so, the country is as wild as ever, if not quite as inhospitable. Now, at least, you can find little clusters of motels or cabins every fifty or hundred miles or so, as well as experienced guides who run overland and river-float expeditions into this forever-virgin hinterland.

Canyonlands National Park, established in 1964 and since expanded, covers 337,000 acres in the heart of this wilderness, at the confluence of the Green and Colorado Rivers. It's a park unlike any other: too merciless in its topography and drumming heat for long backpacks; its rivers too white for all but the most expert float trippers; its water holes and scrub too scanty for most trail horses. On foot, or even on horseback, it may take a day or two to make it from one side of a narrow canyon to the other. Even by four-wheel drive, it sometimes takes seven hours to travel all of 30 miles.

Yet you'll find vacationing families deep in this wilderness, enjoying experiences none of them will ever forget. The easiest way, and the most refreshing (because you'll get splashed now and then), is by 15-to-25-passenger rubber raft down the Colorado River. Mitch Williams' Tag-A-Long Tours, one of several operators of backcountry expeditions, runs float trips ranging in duration from one day (22 miles; $15 per person; under 12, $10; lunch included) on up to seven days ($285 per person, including an overland jeep tour; everything but sleeping bags furnished).

Best of the floats for the time required and the price is probably the four-day Cataract Canyon Expedition ($185), which sets out 30 times between late March and late October down the Colorado, stopping along the way for visits to ancient Indian cliff dwellings and amazing petroglyphs, then barrels down the churning waters of Cataract Canyon to Lake Powell, where the river turns placid once again. Overnights are made on sandbanks along the way; tents are furnished, but you may sleep under the stars if you like. For information, write P.O. Box 1206, Moab, Utah 84532.

Similarly, there are four-wheel jeep tours of varied duration into the two most fascinating areas of Canyonlands National Park: The Needles, named after rock towers ranging in color from blinding yellow to deep purple that were eroded out of canyon walls; and The Maze, the park's wildest, most remote section. A one-day jeep tour from Moab to Angel Arch in The Needles costs $25, including lunch (kids under 12, $12.50), and transports you into the unreal world of a Wild West movie set, except that even the Indians didn't last here forever, as attested by their deserted 1,300-year-old pictographs and cliff dwellings that still show thumb prints in the mud the Indians daubed into cracks. Trips into The Maze take longer—six days out of Moab—and cost $195 per person. There are five- and six-day horseback trips into The Maze out of Green River, Utah, at about the same price.

The Angel Arch excursion is one that a good many families undertake themselves—in the case of Canyonlands, a good many meaning several hundred a year. Most of these part-time pioneers own their own four-wheel-drive vehicles, but others rent them at Canyonlands Resort (about $30 a day, plus 15 cents a mile), which is located about five miles from the Squaw Flat entrance to The Needles. To get there, you drive north from Monticello, Utah, on US-163 for 12 miles, or south from Moab for 32 miles; then west for 40 miles on paved State-211 to the park.

The jeep trip, along easily visible tracks and through washes (usually recognizable because there's no other way to go), takes you for 14 miles through Salt Creek and Horse Canyons in about three hours to the base of Angel Arch, a geological phenomenon of age-old erosion that created a window 190 feet high and 160 feet wide. A foot trail of one quarter mile leads you to an excellent viewpoint; to climb to the arch takes about one hour.

Motel units as well as campsites are available at Canyonlands Resort, and there is also an unimproved campground in the park at Squaw Flat. In addition, you'll find several primitive camping areas along the four-wheel-drive trails. There are also campgrounds in the nearby Moab and Monticello National Forests. Motels are available in Moab, Blanding, and Monticello, as well as stores where you can stock up on supplies.

The nearest public transportation points are Moab (airport and bus depot) and Monticello (bus). For park information, write Canyonlands National Park, Moab, Utah 84532.

Grand Teton National Park

In our recent past of heavy car and camper travel, Wyoming's towering Tetons were glimpsed by some three million vacationers in the course of an average summer. Not surprisingly, the park's lower trails were among the busiest in the park system: nowhere else in the United States



Deep in Canyonlands National Park, a family floats down the Colorado.





Gulf Islands National Seashore

An altogether different kind of wilderness is provided by the barrier islands in the Gulf of Mexico, just off Biloxi, Mississippi. If you're looking for a desert isle vacation close to our own shores, this is where you'll find it.

Horn Island is the loveliest, with wide, empty sweeps of sand, thousands of birds, forests of shady pine, and fields of sea oats that bend in the breeze. You can camp on Horn Island, as well as at the east end of neighboring Ship Island, both about a dozen miles from the nearest shore marinas.

Most overnighters come on their own boats, but you can also make individual arrangements with charter skippers at the small boat harbors of Biloxi, Ocean Springs, and Gulfport to be dropped off at the islands, then picked up another day (about $75 to $150 for a family).

Group excursion cruises to the day-use beaches on the west end of Ship Island make daily trips during the summer season from both Gulfport and Biloxi ($3.50; children, $2).



Angel Arch is among the splendors of Utah's Canyonlands wilderness.



Anacapa

The nearest of the islands of Channel Islands National Monument lies so close to Southern California's shore that you can see it on a clear day from the busy highway between Los Angeles and Santa Barbara. Yet, except for an old Coast Guard lighthouse, it seems no part of our modern world.

The craggy island's only sounds are the crash of waves, the bark of sea lions and elephant seals, the shrieks of gulls and pelicans, and the eerie wail of a foghorn.

All but one of Anacapa's beaches are submerged at high tide, when the water comes in with a rush that can be dangerous to the incautious wanderer. The tides leave wondrous pools between the rocks, filled with all manner of aquatic life—anemones, starfish, abalone, tiny crabs.

Anacapa is never crowded: it can't be. There's only one primitive campground, with 25 sites, and it's a tough climb from the boat landing since you must carry all your supplies, including water and campfire fuel.

could you get so close to wild, high mountains—and our country's most dramatic mountains at that—with so little effort.

These bottom trails probably won't be quite so busy this year, making it that much easier to get into the wilderness mood sooner. Walk halfway around Jenny Lake, which nestles at the base of the Tetons' tallest spires, then hike up Cascade Canyon for half a mile to Hidden Falls, and you'll get your first taste of the high country—the roar of tumbling water, clear air perfumed by sun-warmed pines, towering rock walls, cloud puffs scudding against an unbelievably dark-blue sky.

The Hidden Falls excursion takes about three hours starting from and returning to the Jenny Lake Ranger Station. To save two miles of walking, ride the motor launch across Jenny Lake to the base of Cascade Canyon. It leaves every 20 minutes from 8 a.m. to 5 p.m., and the round trip costs $1.50; children 6 to 12, 75 cents.

Hidden Falls is but one of the Tetons' novice nature walks. Another, through mostly level country in the Snake River Valley, is the Hermitage Point Trail, an 8.8-mile loop along the shoreline of Jackson Lake. Here you'll see ducks and trumpeter swans, and particularly in the early morning and late afternoon you'll get a good chance to observe moose and elk.

For an effortless excursion at high altitude, ride the aerial tram to the 10,500-foot summit of Rendezvous Peak. Here you'll be way above timberline, breathing thin air that makes you gasp at first after your rapid transport from lower elevations. Jackson Hole ("hole" being the Western version of New England's "hollow," meaning "valley") stretches beneath you to the east and south, with the Gros Ventres forming a barricade behind it, and the Wind River Range beyond; and to the north and west, ringed in a half circle, rise the tips of the tallest Tetons, among them the 13,770-foot summit of the fang-shaped Grand.

Atop Rendezvous, you can hike a self-guiding nature trail that starts and ends at the cable car station, a stroll of one hour at most. More ambitious, but all downhill, is a rock-strewn catwalk, used by snow-grooming machinery in winter when the skiers come here, that descends in wide curves to Tower Three, the aerial tram's intermediate stop. Figure on one to two hours for this hike.

For a longer, more varied excursion, follow the Rendezvous Mountain Trail to the southwest; it hairpins into a wide bowl, and then rises toward its junction with the Teton Crest Trail (3.5 miles).

But these little trips, inspiring as they are, serve merely as an introduction to the backcountry: you'll be returning to customary bed and board, or at least cot and campsite, every night. To experience the joy of real wilderness, you must penetrate more deeply into the primitive areas, carrying your supplies and gear on your back. Only by straining under your load, pitching your tent as darkness falls, brewing your coffee hunched over a camp stove in the first chill light—only then will you learn what the wilderness experience is all about.

This does not mean that you have to be a super-athletic family. For instance, by letting the Rendezvous aerial tram carry you most of the way uphill, you can undertake a not overly challenging three-to-five-day backpack that takes you through 30 magnificent miles of the Tetons' high country. You follow the Rendezvous Mountain Trail to the Teton Crest Trail, cross 10,372-foot Hurricane Pass, and then descend through Cascade Canyon to Jenny Lake.

Just how strenuous a hike turns out to be depends on the pace you choose. People have been known to climb the Tetons' splendid and extremely steep Paintbrush Divide, and to circle back through Cascade Canyon to Jenny, all in one day. But nobody says you can't spread this 22-miler over three or four days. Other excellent backpacks include the Teton Crest Trail traverse from White Grass Ranger Station to Jenny Lake (about 30 miles; three to five days) and the Static Peak Divide traverse from Jenny Lake to the White Grass Ranger Station (about 33 miles, including some stiff uphills in exchange for some of the Tetons' best views; four to five days).

You can overnight anywhere in designated backcountry areas, but to protect the environment the number of campers in each of the parks' districts is limited on any given day to something like 15 parties of two to three hikers each. You must decide on your route and the dates well in advance so that you can reserve your camping permit. Write to the Moose Visitors Center, Grand Teton National Park, Moose, Wyoming 83012 for the booklet "Teton Trails" ($1.20); then make your plans, and request your permit by mail from the same address.

For base accommodation before, between, and after your backcountry trips, you have a wide choice in all price ranges. If you plan to ride the Rendez-



Cascade Trail, in the Tetons, is the answer to a backpacker's dream.



A canoe on a quiet, fish-thick lake typifies Voyageurs National Park.

vous aerial tram, your best bet is to stay in Teton Village, where you can get a nice room with bath and four beds for as little as $6 per person at The Hostel or the Hotel Rendezvous (write to Teton Village Resort Association, Teton Village, Wyoming 83025). If you want to camp, there's a national park campground at Jackson Lake. The more convenient Jenny Lake campground, severely damaged in a storm last November, may not be repaired by this summer.

From early June through Labor Day weekend, you can also rent a tent cabin at Jackson Lake's Colter Bay ($9 per night for up to four persons, plus $1 for each additional occupant over 12) or a log cabin with private bath at Colter Bay Village ($25 to $31 for up to four persons, plus $1.50 for each additional occupant over 12). Or you can live it up at Jackson Lake Lodge, a resort complex in itself, or at the elegantly rustic Jenny Lake Lodge, at daily rates ranging from about $31 for a family of four, without meals, to as high as $135 for four, including breakfast and dinner. (For these tent cabin, log cabin, and lodge accommodations, write to the Grand Teton Lodge Company, Moran, Wyoming 83013.)

The Grand Teton Lodge Company operates a regularly scheduled bus service to and from Jackson and the airport, as well as to the trail heads at Jenny Lake. Similar transportation arrangements are possible for Teton Village, so that you don't need your own wheels. You can fly into Jackson (Frontier Airlines) or take the bus (daily connections in summer).

Voyageurs National Park

You don't have to know how to handle a canoe to enjoy Minnesota's new Voyageurs National Park, but if you do, your vacation in this relatively wild region of lakes and pine forest will be much more of an adventure, a 20th-century rerun of the experiences of the hardy French fur trappers for whom this park is named.

The 219,000 acres that comprise the park (over 80,000 of them water) were once a link in a 3,000-mile fur-trading highway traveled by Sioux, Chippewa, and the French-Canadian canoemen who pioneered the area.

Today, motorboats hum across the park's four big lakes—Rainy, Kabetogama, Namakan, and Sand Point—and vacation cabins are spotted here and there on their shores. Traffic tends to be particularly conspicuous around the opening of walleyed pike season in mid-May. But luckily the park was set aside before it became too late to stop the encroachment of civilization. Only a dozen small resorts are operating inside the park's boundaries, and plans call for them to be phased out, although some may be operated on a lease basis by their former owners. Only one of the resorts—at Kettle Falls, on the eastern end of Kabetogama Peninsula—will be maintained and operated by the National Park Service. Eventually, all private holdings within the park will be removed.

Thus, the wild beauty of the area—one of bald granite outcroppings, rocky little islands, and wind-whipped skyscapes—should remain much the same as it has been since the retreat of the glaciers that produced it..

For your headquarters, you have several campgrounds to choose from, but the question of sites is almost academic; there are dozens of beaches and points and islands that make delightful places to pitch a tent.

If you want to update the Voyageurs life-style to include roofs, walls, and beds, you'll find some nice facilities at Kabetogama, on the western shores of the lake; at Ash River, on the southeast end of Kabetogama Lake; and at Crane Lake, just south of the park's southeasternmost tip. These places hardly rate a dot on the map, but each is a thriving little summer community, with literally dozens of resorts in the vicinity. There are also private, state, and U.S. Forest Service campgrounds scattered along the park's southern boundaries. A full range of boat, canoe, and equipment rentals is available, as well as guide services.

The Kabetogama Peninsula, a 75,000-acre chunk of land east of International Falls, is the wildest part of the park, and is accessible only by water. At its eastern tip, Kettle Falls rushes through a spillway, and Kettle Falls Hotel still maintains its turn-of-the-century atmosphere.

Also of particular interest are the Namakan Narrows, opening off the southeast tip of Namakan Lake, where you can see Indian petroglyphs on the sheer granite walls of the passage, and the site of the old Bourassas Trading Post at the mouth of the Vermillion River on Crane Lake. A good canoe trip that can cover most of these points begins at Ash River and winds up at Crane Lake. If you stick to the south shore, it's an easy three-day excursion of about 35 miles. If you loop up to Kettle Falls, you should figure on at least four days.

In budgeting your time for a canoe or small boat camping trip, be sure to allow for the possibility of bad weather. Strong winds can come up in minutes on the bigger lakes, making them all but impassable for small craft.

International Falls makes a good base for supplies, which tend to be expensive in the resort communities. Any time from June on is a good time to go; fall, with its rich colors, crisp mornings, and dormant mosquitoes, is the season many visitors find especially exhilarating.

You can get to International Falls from Minneapolis via bus (Greyhound—transfer in Duluth) or air (North Central Airlines has two arrivals daily). There is no local bus service, but Lake Kabetogama's resort owners and outfitters will pick you up in International Falls.

For further information contact the park project manager at P.O. Box 50, International Falls, Minnesota 56649; the Crane Lake Commercial Club, Crane Lake, Minnesota; the Kabetogama Lake Association, Ray, Minnesota 56669; or the Minnesota Department of Natural Resources, 658 Cedar Street, St. Paul, Minnesota 55101. ■


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Tony Swan, Western Travel Ed

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Western river running

It's a rare summer weekend when almost every stream in the nation isn't being navigated by someone, somehow. The range of approaches spans everything from inner tubes and inexpensive inflatable rafts for splashing around to full-scale, white-river expeditions into the wilds.

If the idea of a river vacation stirs you, you're in the right part of the country. Many of the wild rivers worth the designation are in the western U.S., and almost every one of them has at least one outfitter offering excursions. You can float downstream in drift boats and rubber rafts, motor downstream in giant inflatables, or even motor upstream.

Thanks to modern equipment and safety features, even the whitest white water is open to anyone in reasonably good health with a yen for wilderness adventure. However, river running, in most cases, precludes taking off on your own—proper craft and an experienced riverman at the helm are musts. Taking along children under ten is plainly not advised on the rougher trips. The suggested river trips that follow don't begin to exhaust the inventory awaiting you on western waterways. But they are some of the best and run the range from languid to hairy.

The price for extended trips (four days or more) usually is in the vicinity of $30 to $45 per day, and ought to include transport from a public transportation terminal to point of embarkation. Shorter trips tend to be a good deal higher per day, mostly because of logistical expenses of transporting equipment. The charge for children is generally no less than for adults, although there are exceptions.

The only equipment you should have to bring is personal gear: sleeping bag, toiletries, et cetera. Your clothing inventory should include woolens—on some rivers it gets chilly after sundown. A good dry-skin cream is important, as well as suntan lotion and screen.

Most outfitters will pr you with watertight storage your camera gear.

There's no one comprehe central source for informatio all the outfitters running trip all the rivers. About the cl thing to a compendium on subject is "Adventure Guide" ($2.95, Adve Guides Inc., 36 East 57th S New York, New York 10

The Colorado. Each year lions of visitors look out, struck, from the viewpoint the canyon's south rim at great, rosy gash in the earth watch the silver ribbon of the er 4,500 feet below. But aw calates to reverence for the hundred people who make 227-mile journey on that riv from Fort Lee, 15 miles b Glen Canyon Dam and F Arizona, to Lake Mead.

The canyon embraces its ageurs; after just a day or tw hard to remember there's thing in the world *but* the r rushing endlessly through an cient kaleidoscopic cathedra red sandstone, purple shale, black granite. Then there's white water—connoisseurs' w water. "Big hydraulics," is way the rivermen put it. rapids of the Colorado Rive heavyweight class and occasi upsets and injuries do occur most visitors make the trip w out serious incident.

However, you should be pared to get wet, which means cold. The river leaves Glen Canyon Dam spillwa about 45 degrees, and warm slowly despite hot summer d

There are 23 companies o ating trips of one kind and other down the Colorado. best adventure of them all is fered by Grand Canyon Do (P.O. Box 5585, Stanford, C fornia 94305). The Dories ex sion is conducted in five-per oar-powered drift boats, res sive and exciting in white w comfortable in calm. The trip days, is the longest of the G Canyon offerings and there frequent stops for explorat and hikes. The cost is $640.

The Fort Lee Co. (P.O. Box 2103, Lee's Ferry, Marble Canyon, Arizona 86036) operates big outboard-powered rubber pontoon rafts in the canyon. Its basic eight-day canyon trip is $485.

All the Colorado operators offer shorter trips, starting with Fort Lee's one-day deals. Shorter trips will be scarce after this year; in 1976 no powerboats of any kind will be allowed to operate in the canyon.

For a complete current listing of all the Colorado river runners, write the Superintendent, Grand Canyon National Park, P.O. Box 129, Grand Canyon, Arizona 86023.

The Rogue. Named for the fury it has unleashed on the southwestern Oregon landscape in dozens of flood seasons, this river is anything but roguish during the summer. Days are hot and lazy—beautiful for drifting through the Rogue's heavily wooded steep-sided granite gorge.

Most Rogue River float trips embark at Grants Pass, handy to I-5, the West Coast superhighway. From there, you can hook up with a trip that will suit your particular aims, whether it's just enjoying the scenery and wildlife of the Siskiyou National Forest, braving the upper Rogue's white water, angling (for trout), or all three. Trips range from overnighters to three- and five-day outings covering the entire 120 miles of the Rogue from Grants Pass to Gold Beach.

A number of outfitters offer Rogue trips in drift boats and rafts. In addition, Orange Torpedo Trips (Box 1111, Grants Pass, Oregon 97256) offers one-, two-, and three-day trips in inflatable canoes you paddle. A three-day trip costs $175.

If your time is short, a pleasant alternative to drifting is jetting *up* the Rogue from Gold Beach. Four firms operate on the lower Rogue: Jerry's Jet Boats, the Rogue Mail Boat Service, Inc., Rogue River White Water Trips, and Wild River Trips. The jet boats and mail boats go 32 miles upstream to the tiny community of Agness, a round trip that costs adults $8, $4 for children 4-11. More expensive but also more fun are the White Water and Wild



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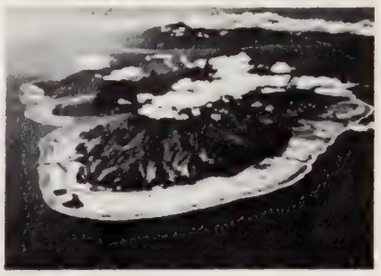
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For further information on Rogue trips and lodging, contact the Grants Pass Chamber of Commerce, P.O. Box 970, Grants Pass, Oregon 97526.

The Snake. From Hell's Canyon Dam to Lewiston, Idaho, the Snake River rumbles through some of the ruggedest canyon country in the U.S. Although there are jet boat excursions operating out of Lewiston that buck the Snake's current for some 60 miles, the best of the scenery lies even farther upstream, sandwiched between Idaho's Seven Devils Mountains and Oregon's Wallowas.

All of this country is volcanic in origin, and the canyon walls are dark, with sun-cured wild grass softening their craggy, brooding aspect. On the upper slopes there are stands of pine trees and game is abundant.

During the summer the Snake is pleasantly swimmable, with plenty of eddies and protected coves to minimize danger. It's also one of the few places left in the country where there still are giant sturgeon.

You can put together just about any kind of Snake River combination you want—float and jet boat, float and backpack, or float and fly. Equipment ranges from big inflatables to drift boats, duration from two days to ten. A good bet for a custom arrangement on the Snake is Wilderness Encounters, Inc. (Box 232, Cambridge, Idaho 83610), which is also one of the principal Salmon River outfitters.

Of the upstream excursions, the old reliable is run by Rivers Navigation (1115 11th Avenue, Lewiston, Idaho 83501), a firm that has been delivering mail up the canyon in a series of *Idaho Queens* for 25 years. The mail trips leave Wednesdays aboard the newest *Idaho Queen*, a 49-foot twin diesel, although trips can be arranged other days for groups of six or more. The $80 price (half-fare under 12) for two days and one night includes meals and lodging at the company's cabins at Copper Creek, 40 miles upstream.

For further information on Snake River trips, you can write to the Greater Lewiston Chamber of Commerce, Hotel Lewis-Clark, Lewiston, Idaho 83501

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Above: A game area was carved from a corner of this family room and lighted w a Tiffany-type hanging lamp. Upholste pull-up chairs repeat the plaid of the w papered ceiling. Essentially chosen for easy-care qualities, the dark brown v flooring injects another design element w its Moorish-tile pattern.

Below: A peppy plaid in bright shades of orange and pink sparks the muted background of wormy chestnut paneling. Vinyl wallpaper covers the entire ceiling, giving emphasis to the dark-stained beams. Deeply-cushioned seating pieces upholstered in plush velvet (color cued to the draperies) are cozily grouped in front of the fireplace and linked together with a shag area rug.

Below: One sure way to coordinate the fa ily room with an adjoining kitchen is to state pattern and dominant colors. H plaid-papered area above the exhaust h and a Roman window shade in a compan fabric are visible from the pass-throu snack bar. This scheme is reinforced wi pink vinyl seats on wrought-iron bar sto

Photographs: Stanley Patz

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One inexpensive package makes a nice serving for two adults.

Or a light lunch for three kids. And it costs about as much as a comic book. Only Top Ramen's better for them.



Top Ramen Seasoned Oriental Noodles
Nissin Foods, Gardena, California 90249

Try New Top Ramen Summer Salad.

- 2 packages Top Ramen
- ½ cup boiling water
- ¼ teaspoon salt
- 1 tablespoon sugar
- ¼ cup vinegar
- 1 medium cucumber
- 2 green onions
- 1 medium carrot
- ½ cup thinly sliced celery

DIRECTIONS: Cook noodles in boiling water. Drain and cool by rinsing with cold water. Cut noodles into 3-4 in. lengths. Chill. Dissolve soup base in ½ cup water; add salt, sugar and vinegar. Peel and cut cucumber in half lengthwise; remove seeds. Cut cucumber, green onions and carrots into thin strips. Add cucumber, green onion, carrots and celery to vinegar sauce. Chill until served. Shortly before serving, toss Ramen and sauce with vegetable strips. Serve in lettuce cups. 16 servings.

Work centers on wheels

Whether your kitchen is cramped or cavernous, a cart can b real time- and step-saver. Use it as mobile work center for ba cakes or sorting laundry, then park it wherever you please.



Source: Pauline Graves. Photographer: Fritz Taggart. Owners: Dr. and Mrs. Peter L

All the equipment you need for baking cakes, cookies, or pastry is stowed away in this portable cabinet. It fits snugly under the counter at the end of a peninsula in a 28-inch-wide opening. Instead of shelves, 21x17½-inch sliding trays pull out.

Laminated plastic covers the top working surface, but might also consider installin marble or wood slab or a h proof surface.

When baking preparations done, the whole cart can ea roll to the sink for speedy cl up of mixer bowls, baking p and kitchen utensils.



Source: Jean Taylor. Photographer: George de Gennaro



Designer: Bob Ray Offenhauser. Owner: William F

A freewheeling cart can be a real convenience item when your laundry area adjoins the kitchen. This unit is 38x23 inches and 36 inches high. On the side of the cabinet facing the washer and dryer, a deep pullout bin keeps soiled kitchen linen out of sight till you have a large enough load for the washer. You can use the plastic laminated top as a fo ing counter, too.

When you scoot the cabinet the center of kitchen cleanu dish towels and cloths are ir handy location on the other s of the cabinet. You can use t long cart top for rolling out p try, cutting out cookies, or asse bling party hors d'oeuvres.

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Photographs: Hedrich-Blessing. Interior designer: Kerr-Overbeck, A.I.D., for Decorator's Showcase

Make room for dining spots

If you need additional din space, look around the ho and improvise. Activate idle corner, short wall sp or bay window for snacks complete meals.



Interior Designer: William Renick. Source: Patricia Mertz

Above: You won't find a s nier, more adaptable spot meals than a bay window. offshoot of the living room, tall-windowed bay repeats pattern and colors for a co dinated look. Geometric des sofa fabric covers walls and c ing of bay as well as ch cushions. White tieback drap ies allow maximum enjoym of the view. Potted plants, ranged at random on the flo give the dining area a year-ro garden atmosphere.



Interior Designer: Melvin Bishop. Soource: Elizabeth Lunt

Above left: There was space spare in the entrance hall this rambling old house. To crease the hall's usefulness short wall was put to work twosome dining. Glass-top Parsons table and period ch with contemporary plaid s covers stand out against the d woodwork. The lamp is a perm nent accessory, providing illu nation for dinner or an af dinner game.

Left: Make space for dining a corner of your family roo Here a built-in banquette a bench cushioned in velvet a trimmed with fringe give room a period look. To ma decorative border on banque cut out design from foam r ber and spot-cement to wo Stretch fabric tautly over fo and secure with staples. Tack double welting to conceal stap and raw edges of fabric.



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Floor-standing flowers

Let one of these four floor-standing arrangements complement the style of your furnishings. Tall floral compositions can be used beside chair or fireplace, to one side of window or table, or as a bright accent in a dark hallway.

Graceful combination of cosmos, delphinium, and tuberoses is a suitable choice for many types of furniture such as Directoire. To duplicate this airy arrangement, group light-scale, smaller flowers in the center and nestle bulky flowers at the neck of the vase.

A linear arrangement like this one of gladiolus, cockscomb, and grass points up a Mediterranean room. For this type of design, use spiky blooms with some transitional material for an accent. A vase of terra-cotta, textured ceramic, or leather-trimmed basketry would suit this style.

Country casual grouping features sunflowers, gloriosa zinnias, and petunias in a tole canister. This loose, flamboyant arrangement of over-scale flowers is an apt choice for the Hitchcock-type chair. Here flowers are inserted individually with different types intermingled. Instead of a canister, you might choose an old milk can, modern acid bottles, or an old jug.

A balanced arrangement best suits such styles as Chinese Chippendale and 18th century. Here sweeping boughs of evergreen frame a triangular formation of goldenrod. Choose a metal or ceramic vase with simple, uncluttered lines.









Photographs: Hop

Great news for mothers of cavity-prone children!

Most children don't brush properly or often enough. That's why the dental scientists at Lever Brothers invented a new fluoride dentifrice called Aim®. If you have children, read on:

Most cavities happen between the ages of five and fifteen.

You're a conscientious parent. You make your children brush with fluoride toothpaste. You don't question fluoride's effectiveness.

But they still seem to get more cavities than they should. Why?

Could be your children have poor brushing habits. Could be they're also eating too many sweets. And they probably don't brush properly or often enough. Surveys show the average child brushes less than 30 seconds at a time. Shocking!

How new Aim encourages children to brush longer.

Dentists have long stressed that there's *no* better cavity prevention than brushing. Even a fluoride toothpaste can't do its best if a child brushes too briefly or too infrequently.



Children prefer Aim 2 to 1 over the leading fluoride pastes. Chances are, the better a child likes his toothpaste, the longer he'll brush.

That's why Lever scientists enhanced Aim's fluoride formula with flavoring compounds known to be especially appealing to children. The results were astounding.

In tests with 1,300 children, Aim was preferred 2 to 1 over the leading fluoride toothpastes. Chances are, the better a child likes his toothpaste, the more thoroughly he'll brush.

Why new Aim is a gel, not a paste.

The speed at which a toothpaste dissolves is called the "Dispersal Rate." Because Aim is a gel, not a paste, it has an exceptionally fast dispersal rate.



Aim's new clear blue gel formula spreads faster than paste.

This means when a child brushes with Aim, it spreads its good taste faster than paste in the normal brushing time.

Unique gel formula is low in abrasion.

In order to clean teeth, all toothpastes must be somewhat abrasive. That's how they keep teeth clean.

But many mothers are concerned about abrasion. So Lever scientists designed new Aim to be among the lowest in abrasion of all leading toothpastes.

Aim has stannous fluoride, the proven cavity-fighter.

A child in the cavity-prone years needs all the help you can give. Be sure his toothpaste contains an anti-cavity ingredient that's been established as effective by dental research.



Aim has the precise amount of stannous fluoride established as effective against decay.

Stannous fluoride has been researched more thoroughly than any other anti-cavity ingredient. Aim has the precise amount of stannous fluoride established as effective by dental authorities in reducing tooth decay.

Ask your dentist about Aim.

Add it up: A flavor to promote better brushing. A gel that disperses faster and is low in abrasion. The precise amount of stannous fluoride established as effective against decay.

Like any dentifrice, Aim can be of significant value only when used conscientiously in a program of good dental care and regular visits to your dentist.

If you have a cavity-prone child, ask your dentist about Aim.

Take Aim against cavities!



Dishwasher tips

If you follow the instructions in your appliance's use-and-care booklet and the detergent directions, and you still get bad results:

- Try a different brand of dishwasher detergent. Measure accurately—don't guess.
- Check water pressure. It may be too low for adequate washing and rinsing. Try operating machine only when water is not being used elsewhere in house. If machine is old, timer which regulates water fill may need replacing.
- Check water temperature. It should be 140° to 150°. Drain off cool water in pipe before starting machine. Do not operate immediately after family showers, laundry, etc.
- Load dishes according to your use-and-care booklet. Each machine has its own area of most forceful water action. Do not overload.
- If dishwasher drains into disposer make sure disposer is clear of garbage or you may get feedback scraps.
- Suspect malfunction if food remains on dishes, even though washing action sounds normal. Jets or water passages may be blocked, rotating arm disabled, filter may need cleaning, piece of silver may be in pump. Or, if you have a portable the flexible hose may be kinked.

If there are spots or film on glassware:

- Ask local water company for exact hardness of water. Soft water—0 to 4 grains, medium hard—4 to 8 grains, hard—8 to 12 grains and up. Use amount of detergent recommended on box for these conditions. Seasonal changes in origin of water supply may affect results.
- Overcome hardness with rinse additive, in liquid dispenser or long-lasting cake form. Some detergents have built-in rinse agent. Consider installing water softening unit; or adding iron-removing unit to your present water softener.
- Be sure detergent cup is operating properly—leak can cause detergent to cake and come out of the cup in the final rinse, leaving a film.
- Try a special powdered product which strips film from glassware. Boost your detergent by mixing ⅔ detergent with ⅓ special granules. The product is available only in hardest water areas.

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formation about the American Ancestry furniture shown here call 800-243-6000 toll free, anytime. In Connecticut,
800-882-6500. For information about American Ancestry dining room and bedroom furniture, turn the page.



If the dishes are not drying:

- Heating element may not be operating. Test dishes for heat at end of cycle.
- Check water temperature—it may be too low.

If there is etching on glass:

- Suspect exceptionally soft water. You may prevent further damage by using less detergent, but etching is permanent and cannot be repaired. It may be caused by insufficient rinsing, or overloading the dishwasher. In extremely soft water, use minimum amount of detergent in each cup. Etching will not occur on fine crystal, or in hard water areas.

If there is roughening of glassware edges:

- Rack glasses securely, so they don't rub each other or against portion of dishwasher not coated with vinyl.

If there is tarnishing of silver:

- Rinse off sulfur-containing foods (eggs, mayonnaise, etc.) from silverware and utensils before washing. Rinse corroding foods (mayonnaise, potatoes, salt, acids) from stainless steel flatware.
- Use silverware regularly. Protect it in tarnish-proof case and use special polish formulated to resist tarnish.

If there is damage to dishes:

- Find out whether your fine china is dishwasher-safe. Most fine china is if washed in the "short wash" or the china and crystal cycle.

If your machine lacks these, place detergent only in closed portion of cup and use the shortest wash cycle available on your dishwasher. China can also be tested by leaving one piece in for several weeks' washing—then comparing its finish with other china.

- Do not wash antique or hand-painted china in dishwasher, or hollow-handle knives, wooden bowls or cutlery with bone, wood, pearl or plastic handles, unless approved by the manufacturer. Wash gold-rimmed glasses or lacquered color ware (anodized aluminum) by hand. Check with manufacturer before putting plastic dishes or storage containers in your dishwasher. ■

Fabric finishes—what they mean to you

Modern chemistry has changed the face of fabrics for apparel and home furnishings. And this is more than a surface change. The new finishes can mean longer wear, easier care, and greater personal safety, as well as improved appearance. Here are a few of the most common fabric finishes and their chief benefits.

Durable (or permanent) press describes a treated fabric which requires no ironing after proper laundering. The fabric keeps its shape and its individually designed creases and pleats for a lifetime of wear. Sometimes mistakenly referred to as a fabric "type," durable press is, in truth, a chemical, heat-cured finish applied to a single fiber (cotton, rayon, wool) or a blend of these with a man-made fiber (nylon, polyester, acrylic, triacetate). Check hangtags carefully when you shop. The more polyester, nylon, or other synthetic fiber in a blend, the longer the fabric will last. The best-wearing cotton with a durable press finish usually contains 50 percent or more polyester or nylon.

It's best to wash durable press articles at low to moderate temperatures to avoid softening fibers and causing wrinkles. Small loads also lessen the chance of wrinkling. Use hot water only if your washer has a cool-down cycle or if you gradually cool the rinses. For optimum results, always tumble-dry, being careful to remove items from the drum as soon as the dryer stops.

Soil-release finishes do not prevent soil from penetrating a fabric, but they do speed removal. This type fabric finish was introduced to combat the problem of removing oil and grease stains from durable press fabrics. Many man-made fibers hold onto grease and do not absorb water. Also, the resin treatment used in durable press affects cotton so that even this normally absorbent fiber resists moisture. A soil-release finish modifies these fibers—helping them resist stains and enabling them to be wet with water so the detergent can do its job. Soil-release finishes are applied at the factory.

While a soil-release finish does aid soil removal, it's not now 100 percent effective. You should still pretreat all grease and oil stains before washing. Use a nonflammable cleaning fluid and before it dries, satu-

(...continued)

Then, as the perfect counterpoint, you'll see tiny apothecary drawers, elaborately shaped moldings, crown glass and handsome hardware.

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rate the stain with a liquid detergent or detergent water paste. Be sure to add detergent before the solvent dries; otherwise a ring may form, and you're worse off than you were before.

Stain-repellent finishes help protect fabrics from spills. A few of these finishes repel only water-based stains, but the fluorochemical finishes protect against oily as well as water-borne stains. A soil-repellent ingredient (a big plus in upholstery fabrics) resists dry soil pickup. Staining substances roll off fabrics and can be blotted away or spot-cleaned without leaving a trace. You cannot see, smell, or feel a stain-repellent finish nor notice any change in fabric color or strength. In fact, the finish helps fabrics last longer since a major factor in fabric wear is abrasion caused by dirt particles rubbing into the fibers.

All fabrics can be treated for stain repellency. You'll find this protective finish on both apparel and home furnishings. Many finishes will withstand repeated launderings and dry cleanings, but to maintain fabric appearance, give immediate attention to all spills. Thorough rinsing is essential after each washing or spot cleaning since any residual detergent can impair the effectiveness of the stain-repellent.

Although usually applied at a textile mill, this fabric finish can also be added by a finisher, a dry cleaner, or a furniture retailer. You can even spray on a stain-repellent finish yourself, making certain first that the fabric is colorfast and clean. Do not, however, expect the home-applied finish to be quite as effective as the finish that was professionally applied.

Flame-retardant finishes, perhaps the most important of all in terms of personal safety, have been the slowest to appear on the scene. The early finishes were quickly dispelled as the result of washing or dry cleaning. Today there are protective finishes which retard burning and which also last through many launderings. These finishes become less effective if washed in soap or non-phosphate detergents than when washed in a phosphate detergent. The type of construction, such as a loose weave, can increase the rate of burning.

Some fibers such as fiber glass are noncombustible while others, like wool and modacrylics, are slow to burn and self-extinguishing. Meanwhile, the textile industry continues working to develop flame-retardant fibers that will retain the original strength and feel of a fabric.

how to revive a vintage kitchen

When you remodel a kitchen in an older house, two courses are open to you. You can make the room thoroughly contemporary, or take your cue from the style of the house. This family elected the latter; they decided to update the plan without losing the original English country atmosphere. By careful blending old building materials with the new, the family fashioned a room that's both convenient and charming.

By Beverly Garrett

Although the remodeled kitchen occupies the same space as the old one, it looks larger thanks to a new open plan. A wall came down and a long island now works as an informal boundary. Locating the cleanup center in the island put the sink close to both the refrigerator and cook top, and the dishwasher conveniently close to the table.

On the family-room side, the island's counter extends beyond the base to form a compact snack top. The massive posts flanking the snack area came from an old barn. They add to the rustic look, and also provide needed support. Overhead beams that crisscross ceiling are old, too.



Photographs: Hedrich-Blessing Architect: Robert Carrington Source Jesse Walker



Weathered board shelves and an antique English desk combine to make an attractive and practical planning headquarters. Shelf supports are made from new wood, roughly carved and then stained to match the old.

Natural brick floor is common to kitchen, family area, and the adjacent utility room.



At the end of the island, ovens are built into their own enclosure. Since they are not used as often as the cook top or the refrigerator, their location a few feet away from the working core causes no inconvenience. Bulletin board on side of the oven cabinet collects family messages and pinups, recipes waiting to be tried.



The family room incorporates space once given to a cramped dining alcove and laundry. Laundry appliances moved to a back entry by the garage during the space shuffle.

At the end of the family room, a handsome fireplace centers the wall; used paving bricks set in a herringbone pattern give the fireplace an authentic country look. Chairs and sofa group around the fireplace, while the floor area closest to the kitchen is set aside for dining. New window along south wall is amply scaled to let in the maximum amount of natural light. The plant collection on the narrow glass shelves benefits from the sun.

Art Thomas puts the handles on our cups and pitchers with a sculptor's hands.



It almost looks simple. He picks up a handle in one hand, dips a finger into the bowl of slip (liquid clay), and puts some on both ends. Then he picks up an unfired pitcher. He eyeballs where the handle should go, then presses it into place.

Finally, he takes a sponge, wipes away any excess slip, and sends the pitcher on to the decorators.

Simple? Not as simple as Art makes it look. He's been doing it for 27 years. So he knows just how high the handle goes. Just how to line it up with the spout. Just how much pressure to use.

In his spare time, Art's a sculptor. Which helps.

Art Thomas and 22 other men and women make the Sundance coffee pot here. They mix the clay and minerals to our special Earthenware recipe and mold the pot. They glaze it, decorate it, and fire it. And its brilliant colors will never fade, never craze.

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paint helps blend the ceiling and stu wall surfaces.

Wood beams along the walls and c ing give the room its English-inn mosphere. To save money on th beams, the homeowner bought an tire tree at a local sawmill and hac cut into 4x4-inch sections, nine f long. After trimming the pieces to desired lengths, he attached the bea to the walls with a rented cartrid driven gun. Then attached the ceil beams to the floor joists with bolts, a filled the holes with cork.

The wood bar came in kit form, a was assembled in the basement. A l wooden dowel at the bar's lower fr edge serves as a footrest.

The unique back-of-the-bar deco tion consists of several stock barr cut into sections with holes drilled the ends and filled with cork stopp At their right, a wooden wine rack le an authentic old-world touch.

Bright red velvet seats cover ready-made bar stools, adding a c matic dash of color to the room. An table was transformed with a rou plywood top and a floor-length b tablecloth.

For decorative continuity, all wood surfaces in the room are cove with a dark Spanish oak stain. Sir lated wood tiles add a final touch warmth and charm to the party roo

When converting your own baseme you might like to try other materi Imitation wood beams made of p stained urethane foam, for exam are very inexpensive and widely av able. For a more rustic look, consi built-in benches and tables, scrate and gouged for an aged effect. Wh ever materials you choose, your p style room is sure to be a favorite w your family and friends.

Ye olde pub and party room

Styled after a typical English pub, and built with Scottish thrift, this room is something special. And it illustrates what a relatively easy job it is to convert an uninviting unfinished basement into a warm and hospitable year-round party room.

Designed and executed by the owners, this unusual remodeling project began with back-plastering the basement walls with a stucco finish. The ceiling is covered with plasterboard, applied directly to the wood joists. A cream white



Photographs: Hedrich-Blessing. Designer: Jack Shubert. Source: L

w to keep vter tty

r as pewter is today, you'll hen you go shopping that alespeople seem uncertain care and cleaning specif- d there's a paucity of tags the gap. Here are some caring for pewter.

nd care—Today's pewter ally 90 percent tin, plus and antimony—and mi- lead which formerly in- arnish.

ever, citrus fruits and vin- sed relishes will damage ish of a pewter bowl or id fresh flowers in a bowl stain. Use glass or plas- rs to prevent stains.

le pewter is great for cof- and teapots because of llent heat retention. pew- should *never* be put over eat. Pewter is also a good eper.

use pewter is a fairly soft, le metal, it will dent if d. Avoid scratching it eel wool, scouring pads, e like. Use only soft sponges, or the gentlest thetic pads. Do not put in the dishwasher. With t use, pewter develops mi- ratches which blend into atina.

g—There are two types h in modern pewter, the ish and the *bright* finish re's little difference in the quired. Compare the two n a store to determine dividual preference.

ewter surface usually nly a lukewarm sudsy lus rinsing and imme- rying with a soft cloth ore its luster and pre- ater spots. Clean soiled by adding two table- of ammonia to a quart r. When pewter tarnishes, ntle silver polish.

bright, mirror, or high- ish responds to a good olish, pewter polish, or to r "wash" product. Fol- with occasional polish- h silversmith's gloves or Read directions on the arefully to see if it is rec- ded for a specific finish. vter polish has an applica- h fine and coarse sides. coarser side to blend s in, and the fine side for lish.

new pewter pieces have r color and a dull finish, y're not to be polished. ag may indicate a pro- finish has been applied. tem may *resemble* pewter ually consist of other metals with a pewter finish.

Antique pewter—Suppose you find a badly tarnished pewter piece at an antique shop, garage sale, or secondhand store, or in your own attic. You may be able to brighten the finish with a pewter polish and lots of work. Or, take the piece to a plating shop where they use a buffing wheel. If you're experienced at buffing, use a cloth and a rouge (from a jewelry supply company) to remove tarnish.

If you think your find is a valuable antique, get advice from an antique expert before tackling the spruce-up job. ■

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All fares are subject to change. All flights leave from San Francisco International Airport. *Service marks owned exclusively by TWA.

Winning walkways

To get from one area to another in your garden calls for attractive weatherproof paths. Various materials —brick, wood, concrete paving—can be used in many designs. For starters, here are four ideas.



1 • Landscape architect: Ralph N. Melin



3 Photograph: Weymouth. Source: Tom R

2



Photograph: Bourdon. Landscape designer: Evans-Monical, Inc. Source: Helen Greer

4



Photographs: Bill Hedrich, Hedrich-Blessing. Source: Lois

1
A curved walk focuses attention on various points of interest. It entices and piques curiosity as to what lies beyond. Use precast concrete blocks, two different sizes to avoid monotony of design. It's simpler to lay out the blocks before starting a new lawn. If you have an established lawn, set blocks where you want them, cut around each one with a sharp spade and remove sod. Set blocks on a sand base. Euonymus borders accent design.

2
As a variation, consider this unusual design. Just stagger the sections at 90-inch intervals. Allow for 14-inch insets when you make wood forms. Space the redwood dividers at 30-inch intervals and tamp three inches of moist sand base. Hammer nails at right angles into dividers and pour cement mix. Before concrete sets, hose and broom to expose the aggregate. Place selected rocks to add interest to staggered strips. Caladiums are colorful in filtered light.

3
Hardy Korean boxwood provides good scale for this walkway pattern. Form the 16-inch squares of 2x4 redwood with nails spaced along sides. Lay a sand base and pour cement mix in place. Use a wood float to create a rough surface. Then round edges of each square with metal edging trowel. This results in a wide smooth surface with a textured center repeating the pattern.

4
Here's how you can have a wo drained path without expens construction materials. Use lo pine needles several inches de to cover a path. Bushels of t pine needles are generally ava able from underneath pine tre They're pleasant to walk on a they stay put in a high wi Pachysandra ground cover a daylilies are good choices plant along a walk that has bo sunny and shady sections.

ree great ces for ertaining



Photograph: F. Taggart

tep-down patio makes the of a sloping lot in back of se. The upper level patio l a swimming pool has l space so the additional in the terraced area fills a ed.



Photograph Braun

utdoor area started with ne concrete circle where re now sits, in the back- . Since the ground slopes beyond the concrete, new g in foreground is cantile- bove ground level to pro- equate entertaining space.



Photograph Hedr ch-Blessing

odern version of a garden is a popular place at party he wood "path" is an ex- of decking around the The wood construction rounding plants create a secluded feeling.

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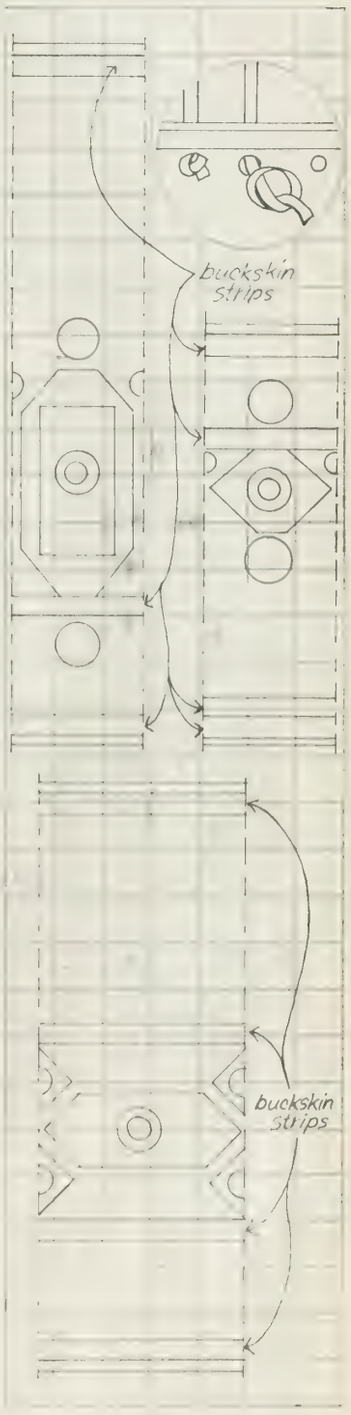
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Hanging planters from recycled cans





1 square = ½"

Here's a dandy way to display your collection of potted plants and solve the tin can crunch at the same time. You can make your own hanging planters from those empty tin cans, plus leather strips and vinyl scraps. When you've finished, no one will guess you made your planters from varisized cans that are normally thrown away.

When you've collected enough cans in a variety of sizes to accommodate your plants, soak the cans overnight to remove the labels and glue. Then wash and dry the cans thoroughly.

Next, cut out a paper pattern to fit between the top and bottom rim of the can. Use your pattern as a guide for cutting out a vinyl covering.

Spread a strip of white glue around the top and bottom of the can and along the vertical seams. Press the vinyl smoothly onto the glue, trimming at the seam for a neat fit, if necessary. Secure with masking tape until the glue is completely dry.

Make decorative borders from contrasting vinyl as shown in the drawing at left, using large and small paper punches to make the disks. Glue the borders on top of the covered can. Wipe off excess glue with a damp sponge.

Cut buckskin strips to fit around the can; attach with narrow lines of glue. Set the can aside and allow the glue to dry thoroughly.

Under the buckskin band, use a large nail to drill or punch three holes about 1¼ inches apart on each side of the can. Thread lengths of buckskin thongs through each hole and knot on the outside of can, as shown. Pull the knots taut; place a dot of glue behind each one, then clip knotted ends of thongs. Fill bottom of can with pebbles to ensure drainage.

Freezer jams

There was a time when making your own jam meant a boiling kettle and a steamy kitchen. These freezer jams let you keep cool and still capture that inimitable homemade flavor. Three of the recipes below capitalize on the freshness of summer fruit —peaches, raspberries, and cherries. The fourth starts with frozen berries from the supermarket freezer case.

Photographs: Dieter



FREEZER PEACH JAM

Serve with hot-from-the-oven biscuits—

2 pounds ripe fresh peaches, peeled
2 tablespoons lemon juice
5½ cups sugar

• • •

1 1¾-ounce package powdered fruit pectin
¾ cup water

Pit and grind peaches. Treat peaches with ascorbic acid color keeper to prevent darkening. Measure 2½ cups peach pulp (add water if necessary to make the 2½ cups). Place in large bowl. Add lemon juice. Stir in sugar; mix well. In small saucepan, combine pectin and the ¾ cup water. Bring to boiling; boil hard 1 minute, stirring constantly. Stir pectin into fruit mixture. Continue stirring for 3 minutes. Quickly ladle into clean jelly glasses. Cover and let stand 24 hours or till set. Store up to 3 weeks in refrigerator or 1 year in freezer. Makes 7 half-pints.



FREEZER RASPBERRY JAM

A tasty topper for pancakes or waffles—

1½ quarts (6 cups) fresh red raspberries
5¼ cups sugar
1 1¾-ounce package powdered fruit pectin
¾ cup water

Wash and crush raspberries well to make 3 cups berry pulp (add water if necessary to make 3 cups). Place in large bowl. Stir in sugar; mix well. In small saucepan, combine pectin and the ¾ cup water. Bring to boiling; boil hard 1 minute, stirring constantly. Stir pectin into fruit mixture. Continue stirring for 3 minutes. Quickly ladle into clean jelly glasses. Cover and let stand 24 hours or till set. Store up to 3 weeks in refrigerator or up to 1 year in freezer. Makes 7 half-pints.



FREEZER CHERRY JAM

Plan to make the jam in summer when the cherries are available—

1 quart dark sweet cherries
2 tablespoons lemon juice
4¼ cups sugar
1 1¾-ounce package powdered fruit pectin
¾ cup water

Pit and grind cherries to make 2 cups cherry pulp (add water if necessary to make 2 cups). Place in large bowl. Stir in lemon juice. Stir in sugar; mix well. In small saucepan, combine pectin and the ¾ cup water. Bring to boiling; boil hard 1 minute, stirring constantly. Stir into fruit mixture. Continue stirring for 3 minutes. Quickly ladle into clean jelly glasses. Cover and let stand 24 hours or till set. Store up to 3 weeks in refrigerator or 1 year in freezer. Makes 6 half-pints.



FROZEN STRAWBERRY JAM

A food mill or blender purees the frozen strawberries speedily—

2 10-ounce packages frozen strawberries, thawed
3½ cups sugar
½ of 6-ounce bottle liquid fruit pectin

Put strawberries through food mill or mash. Add sugar; mix well. Let stand 20 minutes, stirring occasionally. When sugar has dissolved, add pectin; stir for 3 minutes. Ladle into clean jelly glasses. Cover and let stand 24 hours or till set. Store up to 6 weeks in refrigerator or up to 1 year in freezer. Makes 4 half-pints.

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Artisan House, Inc., Los Angeles, Calif. 90026.

Furniture pieces you can make from campstools



Photograph: Wm. Hopkins. Designer: B. J. Cass

Campstools aren't just for sitting. Remove the canvas seats a you can convert those commonplace campstools into sturdy ba for all sorts of accent pieces. Our collection above includes o a sample of countless recycling possibilities.

To make the magazine rack, we stitched three 3-inch strips leather to the top bar, threaded them through the lower bars, a stitched them around the other top bar. If you don't have a leather scraps, you can substitute upholstery fabric, heavy vin or rugged canvas.

The handy needlework caddy is a simple combination of u holstery fabric and lining. We added wood balls to the legs j for show, but you might want to mount the caddy on casters make it easier to move from place to place.

We attached four-inch-wide decorative braid to another fra to make the attractive luggage rack, top right. If you're i needlework at all, you can needlepoint or embroider your o strips to make a personalized luggage rack for your guest roo

For a table in the round, inlay contrasting pieces of wo veneer onto a 12-inch circle of ¾-inch plywood. Sand all surfac smooth and add several coats of varnish to make the tablet impervious to water spots. We stained the frame to match t lighter shade of veneer.

The small serving tables in the foreground are topped w picture frames—one holds watch parts embedded in casting res the other a 12-inch square of parquet flooring that you glue to p wood and insert inside the inverted frame. If you have a collecti of pressed wild flowers, dried leaves, or other natural elemen you could display them effectively in the framed casting resin.

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How to give a look-alike tract house a new look and new space

This 15-year-old tract house looked much like 200 others in the same subdivision until a talented architect gave it a personality of its own. Major changes included a new living room across the front, a raised roof spanning the addition, and new siding.

Adding a new living room (see plan) freed the former living room for use as a formal dining room and made the old dining room available to serve as a family/breakfast room. After the front entry was shifted to the new addition, the old doorway was converted to a floor-to-ceiling window.

The height of the house remained unchanged (see top photo), but the pitch of the front roof was raised to make room for the addition. Deep-set, floor-to-ceiling windows across the front of the house are perched under a wide overhang to reduce exposure to the sun. New plywood siding covering the entire exterior not only contributes a contemporary look, but also hides all evidence of the remodeling.

The family/breakfast room (center photo) is headquarters for TV watching, entertaining, informal eating, and a host of other family activities. A mirror-backed bar is built into the space formerly occupied by the dining room window. When not in use, the bar disappears behind louvered shutters. Sliding glass doors, replacing two windows, open onto a new deck (see floor plan).

Bifold doors make it possible for the family/breakfast room to function separately, or in tandem with the formal dining room. A redesigned staircase in the dining room adds smart new lines to the room. Ceiling moldings and other trim were removed for a clean contemporary look.

The living room (bottom photo) drops two steps lower than the dining room, thanks to a front-sloping lot. Natural light bathes a collection of houseplants through the expansive window wall. Screening the front door is a wide panel that offers privacy and provides much-needed wall space for displaying paintings.

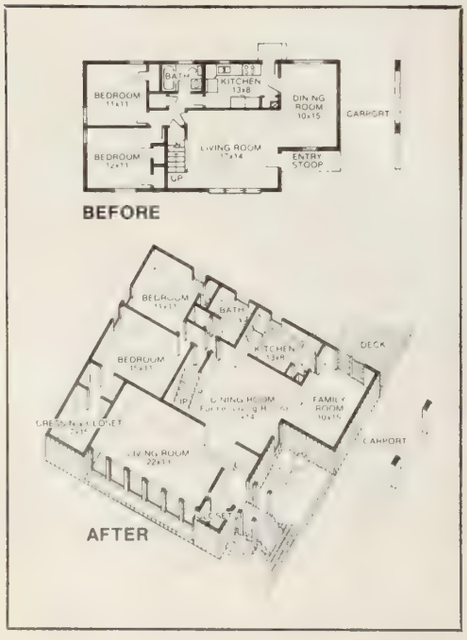
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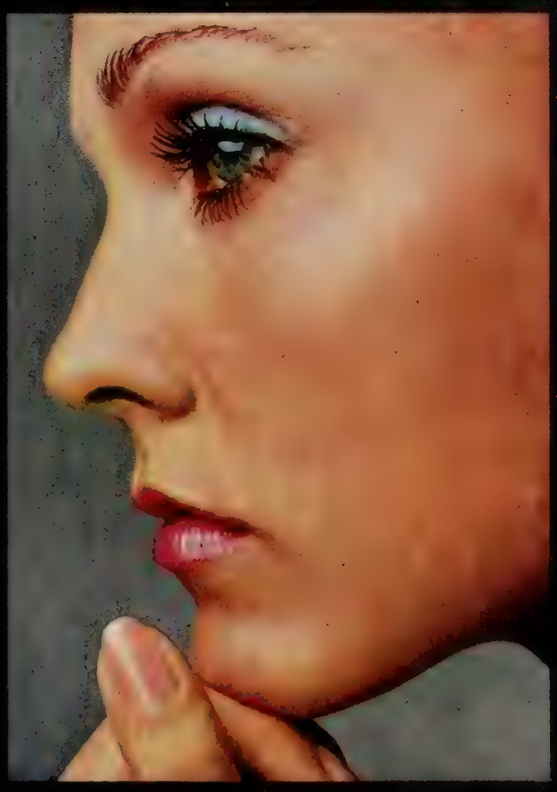


Photographs: Hedrich-Blessing. Architect: Thomas Ventulett





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*Not available in Bright Finish

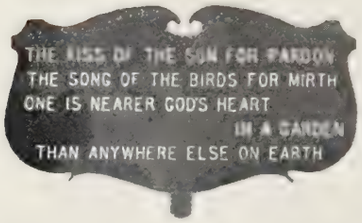
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continued

Give a tract house a new look and new spac



The new roof height created a high, sloping ceiling that adds g
ly to the beauty of the living room. Rough-sawn plywood v
panels the ceiling adds a comfortable, informal touch to the
temporary lines of the furnishings. The scored lines also a
the length and pitch of the ceiling. Rather than extend the
room the complete length of the house, the architect chose
serve seven feet for a dressing/closet area to serve the m
bedroom.

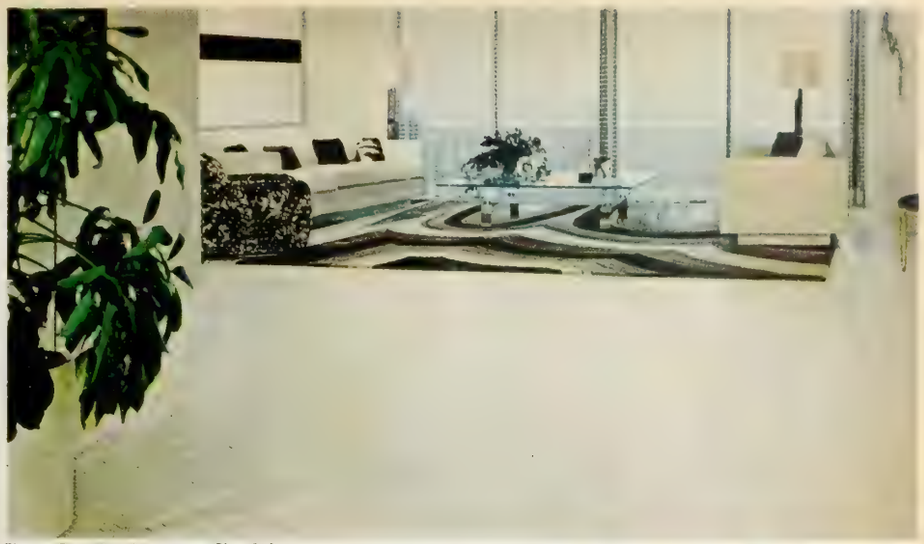


To enlarge one bedroom to master-bedroom proportion
closets along one wall were removed, and hanging storag
shifted to a new walk-in closet in the addition. This resulted
increase of roughly 25 square feet of space in the master bed
and a doubling of closet area.

A dressing room, complete with wash basin, is located ju
the master bedroom. Fitted drawers and cabinets in the
area make similar storage in the bedroom unnecessary.



arthy Primitive® hall Plate 236



Elegant Crystalline living room Plate 260



Rich Tuscany® bath Plate 256

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mily room of bright Caribbean, a tile from the Pomona division of American Olean Plate 265

The textures range from earthy to elegant. The colors range from pale to brilliant. The beautiful effects you can create with American Olean ceramic tile are just about unlimited. To spark your imagination, send for our colorful new 16-page Decorating Ideas brochure. It shows you our whole collection, has ideas galore for doing or doing over almost every room—starting with the foyer.

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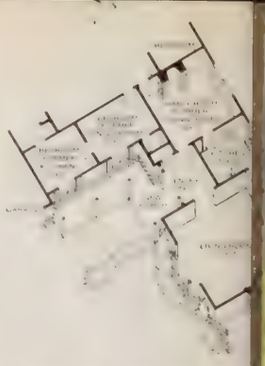
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A Division of National Gypsum Company

American Olean ceramic tile. It's the natural thing to use.™

How a cramped ranch house branched out

A basically plain and structurally sound ranch house can be a good buy for a young family. Mr. and Mrs. David Crandall saw potential in this simple ranch, bottom photo, when they purchased it several years ago. It was situated on a large lot and was close to good schools and shopping areas. All told, it could meet present needs and was a good nucleus for future expansion.





As the family grew, spac
increasingly tight. Even
need for more living ar
modern kitchen prom
addition of 929 square
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above, a formal dining r
a kitchen that's handily
between formal and fam

The rooms vacated in
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Now there's plenty of
space for everyone, and
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Previously, the front do
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The remodeled exte
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of the addition. A low
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tion continues across
ing house for a unified l
roof lines, too, tie in
the original ones; the e
is re-done with cedar s



Photographs: Ge
Architect:



Introducing Voyager.





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The new Plymouth Voyager. It gives you more to look into. Now at your Plymouth Dealer's.

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The classic Caucasian

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The building-box way to a large economy-size house

That's right! Building a big house needn't be a budget-busting undertaking—not if you take the building-box route. By designing your house as a series of box shapes fitting together at a stairway tower, you'll get a lot of space and style at surprisingly low cost. The box shapes keep the framing construction simple and require only standard-size materials. Also, the foundation size is reduced so excavation costs are lower.

This building-box home (below, left) was designed to fit a hillside lot but the technique also can be applied to a flat lot. The slope of this lot made four levels possible, two at the right of the central stairway tower and two at the left.

Style and comfort characterize the family room (below) and here, too, costs are kept within economical bounds. Windows and trim are all standard size but there's a high clerestory ringed with windows to break the monotony of the box shape. At the far left, a sliding glass door opens out to a wooden deck for outdoor dining and entertaining. A smaller deck extends off the living room (see plan).

A rug-covered slate floor and large fireplace give the whole room a feeling of hospitable warmth. Installing the fireplace was easy and inexpensive since it occupies a small boxed-in extension off the family room (see plan).

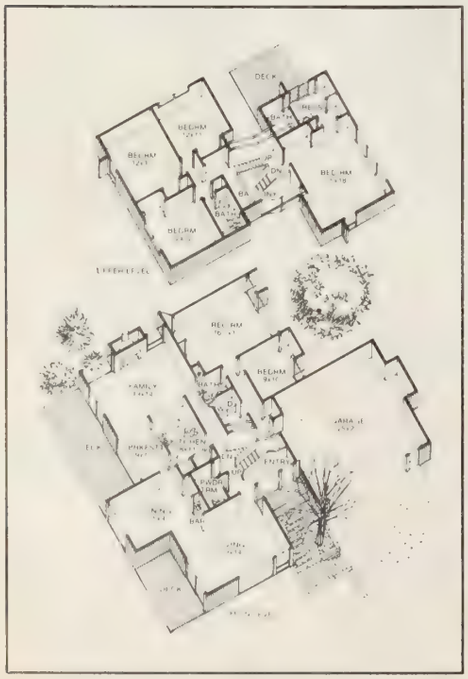


In the centrally located kitchen (below, right) pass-throughs to both the family room and breakfast area help relieve crowding. A gallery-like hallway to the left of the kitchen leads to the entry and stairway. Or, traffic to the living room can pass the other side of the central kitchen through the adjacent breakfast room. The dining room, also near the kitchen, has a china closet and closable bar for extra convenience.

continued



Photographs: Hedrich-Blessing. Architect: John D. Bloodgood & Associates
Owner: Mr. and Mrs. Milton Brown






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BEEF BRACIOLA Serves 6

12 thin slices top round, about ⅛ inch thick
¼ pound Italian salami, minced
¼ pound veal, ground
½ cup grated Parmesan cheese
2 tablespoons butter, softened
1 cup soft white breadcrumbs
½ cup milk
2 tablespoons minced parsley
1 egg, beaten
Salt and pepper to taste
12 very thin slices prosciutto
2 tablespoons olive oil
2 tablespoons butter
1 large clove garlic
1 large onion, chopped
2 carrots, chopped
1 bay leaf
½-1 cup dry white wine
1 can (about 2 pounds) plum tomatoes, sieved

Flatten slices of beef as thinly as possible.

Mix ground meats, cheese, butter, bread crumbs soaked in milk and squeezed dry, parsley and egg. Taste mixture and season with salt and pepper.

Place a slice of prosciutto on each piece of beef, spread with stuffing. Roll slices tightly and tie with string.

Heat oil, butter together in large skillet. Add garlic, onion, carrots and bay leaf, saute few minutes. Add beef rolls and brown well on all sides.

Stir in wine and cook over moderate heat until most of the liquid has evaporated.

Add tomatoes and bring to a boil.

Reduce heat to low and simmer for an hour, or until the beef is fork tender.

Remove beef to a warm platter. Strain pan liquid, return to skillet and cook for a few minutes until thickened to taste. Pour over beef rolls and serve hot.

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BERTANI
When Italians get together

continued

The building-box way to a large economy-size house



From the rear, the house displays the interesting shapes that ca be formed by the placement and stacking of boxes. Above th solid wall at left is a private deck off the dressing area of the maste bedroom. The chimney, braced to the clerestory, is freestandin for economical installation.



The unique stairway tower is a separate box which joins th other box shapes. The box right of the tower is the master be room, which extends over the garage. Left of the tower is th living room with a box containing three bedrooms above. E terior siding is cedar reverse board-and-batten.



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A recreation room that mixes the past with a lively present

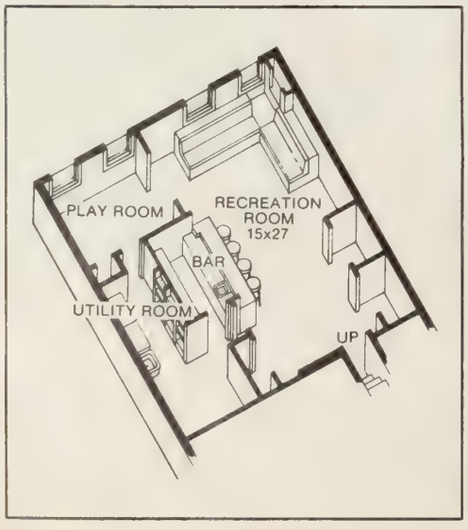


Photographs: Hedrich-Blessing. Architect: Harry Sturm

Four children and a growing collection of antiques inspired this family to finish off their basement with a plan that provides for both play and display. The setup includes activity space for the kids, a utility area, plenty of storage, and a large cedar-paneled recreation room.

Leaded glass windows, backed by fluorescent tubes, highlight the rec room's "early attic" atmosphere. An oversized bar expands on the old-time theme. And storage walls, below right, keep the area clear of contemporary clutter.

Flush-mounted fixtures in the low ceiling highlight the collectibles.







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PARKER 75 CLASSIC BALL PEN AND PENCIL SET
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PARKER
World's most wanted pens

A new family room in the front yard

Where can you go with an addition when there's no space at the sides and rear of your house? Try the front yard, of course. This family room demonstrates one of the most innovative ways to make the transition smoothly.

The add-on is an entirely separate structure built 22 feet in front of the original ranch-style house. A wide, glass-walled entry, top, connects the family





room to the old front doo placing an unattractive stoo extending one end of the tion's gable roof, the owner gained a carport.

The other end of the room, below, also reache with a 10x12-foot deck wh screened from the street by foot privacy fence. Re beveled cedar siding will need painting.

Inside, bottom, the 15x2 room seems even larger be its ceiling follows the roof its peak. A sofa bay, with m windows on either side, conserve space.

Because it's isolated fro original house, the new room offers a sanctuary for ing, listening to music, wa TV, or just talking. And w own bath (behind the ente ment wall), the room also as an ultra-private guest when the need arises. ■

Photographs: Charl
Architect: Ralph





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DODGE ROYAL SPORTSMAN SE.

A luxury edition of America's best-selling compact wagon.

CHRYSLER MOTORS CORPORATION



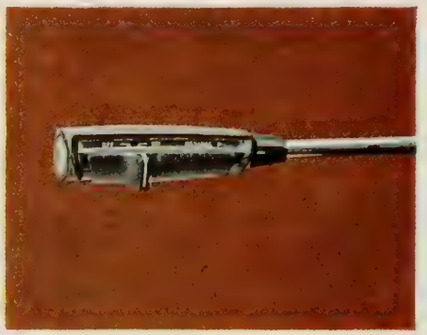
This Special Edition Sportsman has even more great features than any of our best-selling Sportsman models. The completely color-keyed interior has thick pile carpeting that covers every inch of floor space—and even climbs the walls.

As for upholstery, you won't find the likes of our stripes anywhere else. Made especially for Dodge, this bright, bold fabric covers the wide



foam buckets, the bench seats, and even the door and side trim panels.

There's plenty of room for any kind of load—from tools to tots. And great standard features such as Electronic Ignition and power front disc brakes. Plus a whole batch of great options such as power steering, automatic transmission, AM/FM radio, integral air conditioning, and automatic speed control (shown at the right). And there

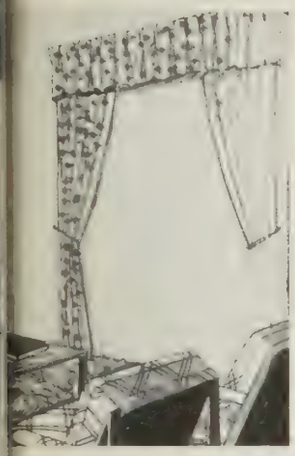


is a choice of engines, 318 V8 and 360 V8. Both use regular gas.

Dodge
Dodge Trucks

EXTRA CARE IN ENGINEERING MAKES A DIFFERENCE IN **DODGE... DEPEND ON IT.**

What to do with tall, inny windows



very window fits neatly into
ck category. But even the
maverick shape or size can
e a decorative asset, even
have two of the misfits side
e. How do you handle two
kinny windows smack in
iddle of the living room
One way (above) is to
e them in patterned drap-
and mask them with semi-
curtains.
uch more interesting (and
redictable) treatment is to
your windows architectur-
elow). This gives the win-
the illusion of depth.

Photograph: Bill Mar[illegible] Semel



Photograph: Fritz Taggart
Design: Virginia Baker, N.S.I.D.



Instead of hiding the entire wall behind conventional curtains, narrow, vertical strips of wood are used to frame each window, and dramatize the simple woven-wood roll-up blinds.

At left is another interesting way to unite several tall, narrow windows. Instead of the usual draperies, floor-to-ceiling panels frame and fill spaces between the windows. Make 1x3 panels as wide as you need, then wrap fabric around the frame and staple to the back. White linen, stapled in place, hides the back of the frame. Tieback curtains complete the tailored treatment.



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A message from Uni of the Uniroyal Tire Thrill Drivers.

I'm Uni of the Uniroyal Thrill Driving Team. In my average workday, I drive through flaming hoops and have near collisions. Obviously, I'm deadly serious about my job.

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Sure, I work for Uniroyal. But I wouldn't risk three such nice necks on a tire I didn't believe in.

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As yet, there's no industry-wide standard of tire rating. Words like "premium" can mean very different things to different tire companies.

So, if you're a woman on her own, please know something about the tire you buy. Something more than, "Fred said it was a good tire."

I may be able to help you with a book I've written—which is yours free. Called "Here's a switch: A woman talks tires." It's all about how to save gas money with tires, how to care for them, with tips on how to buy them. Let me send you my book, and tell you about Uniroyal's new performance rating.

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American Tourister

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Now you can stop trying to out-maneuver a mosquito with a hit or miss spray. Instead use the light-weight Burgess cordless propane fogger. Perfect for camping and picnics. Or try the easy-to-use electric model that's great around the patio and yard. Both come with Environmental Protection Agency-approved insecticide. And fogging is safe around people and pets.



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Grayslake, Illinois 60030.

Ways to enhance an entryway

Photograph: Hedrich-Blessing. Designer: Carol Te



If you're an antique buff, the entry hall is a great place to displ one of your finds. It might be an unusual hall tree, umbrella stan or a beautifully carved coatrack like this.

Photograph: Bill Maris/Semel. Designer: Jack Metherell, The H. Chambers



How to delineate an entry cut up by doors and stairway was t problem here. To create continuity, the choppy entry and all a joining areas were covered with crisp black-and-white wallpape

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Better-than-ever baked beans

By Priscilla Hanson Kruse, Associate Food Editor

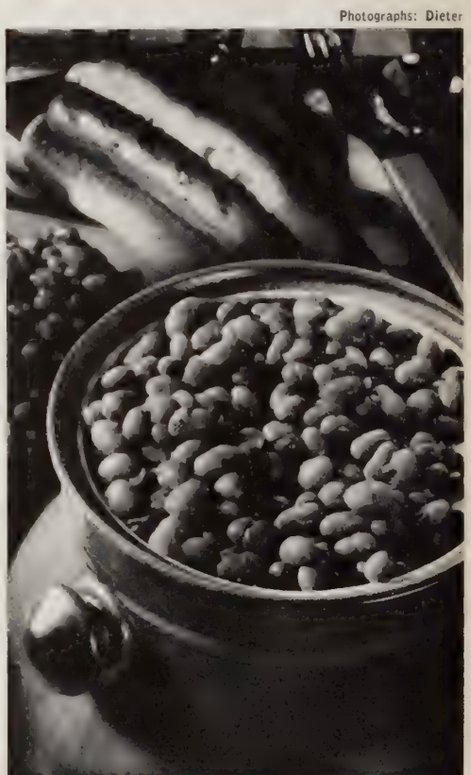
Just about everyone likes baked beans. Whether you use dried, canned, frozen, or fresh beans, they're bound to be good if you cook them in the oven long and slow. Pioneers and adventurers valued dried beans because of their high protein content, and because they kept well in root cellers. When a trailblazer combined dried beans with two other colonial staples, molasses and salt pork, the traditional baked beans were born.

Keeping things fresh is no problem in today's kitchens but baked beans still ride high in popularity, simply because of that old-fashioned flavor. We think you'll agree these three recipes make the all-American classic taste better than ever. Try them for yourself and see.

Photographs: Dieter







CHILI WITH LIMAS

Serve crusty bread and butter with these spicy baked beans—

1 10-ounce package frozen lima beans
½ pound ground beef
1 10¾-ounce can condensed tomato soup
1 8-ounce can whole kernel corn, drained
½ cup chopped celery
¼ cup chopped green pepper
¼ cup chopped onion
1 teaspoon chili powder
½ teaspoon salt
Dash pepper

In saucepan, cook lima beans according to package directions; drain. In large skillet, brown ground beef; drain off excess fat. Add lima beans, tomato soup, corn, celery, green pepper, onion, chili powder, salt, and pepper. Pour into 1½-quart casserole. Cover and bake in 325° oven for 30 minutes; uncover and bake about 30 to 40 minutes more, stirring occasionally. Makes 4 or 5 servings.

HAM AND BEANS HAWAIIAN

Crushed pineapple adds another flavor dimension to this main dish—

2 cups (16 ounces) dry navy beans
2½ cups (1 pound) cubed cooked ham
1 8¾-ounce can crushed pineapple
2 tablespoons minced onion
½ cup packed brown sugar
¼ cup vinegar
2 tablespoons prepared mustard
½ teaspoon salt
½ teaspoon pepper

Rinse beans; add 2 quarts cold water. Bring to boiling; simmer 2 minutes. Remove from heat. Cover beans; let stand 1 hour. Simmer, covered, till tender, about 1½ hours. Drain, reserving liquid. Combine cooked beans, ham, *undrained* pineapple, onion, brown sugar, vinegar, mustard, salt, pepper, and ¾ cup of the reserved bean liquid. Pour into 2-quart casserole. Cover and bake in 300° oven for 1½ hours, stirring once or twice; uncover and bake 30 minutes more. Add more of reserved liquid, if needed. Makes 6 servings.

ORANGE BAKED BEANS

Spark up a picnic with orange-accented canned pork and beans—

2 16-ounce cans pork and beans in tomato sauce
¼ cup packed brown sugar
¼ cup catsup
2 tablespoons frozen orange juice concentrate
1 tablespoon instant minced onion
½ teaspoon worcestershire sauce

In large bowl, combine beans, brown sugar, catsup, orange juice concentrate, onion, and worcestershire. Pour into 1½-quart bean pot or casserole. Cover and bake in 325° oven for 45 minutes; uncover and bake 45 minutes more, stirring occasionally. Makes 6 to 8 servings.

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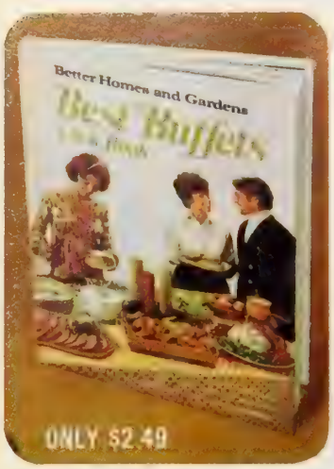
And now that you're acquainted, can they come over to play?

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Buffet Ideas

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WHEREVER BOOKS ARE SOLD

begins on page 16

Dog grooming

can't shake and get water down his nose and in his mouth.

Ears and eyes

Check your dog's ears at bath time or once a month, whichever comes first. Use your fingers or a pair of tweezers to remove any hair growing out of the ear canal. Have someone else help steady your dog's head the first time you do this; it isn't very comfortable, but it's necessary. If you can see an accumulation of ear wax, clean it out.

Floppy-eared and long-haired dogs are apt to have dirty ears because it is difficult for the wax to work its way out. Put an eyedropper full of three percent hydrogen peroxide in the ear to fizz away the wax. It is easier to do this with the dog lying on his side so that he can't shake all the hydrogen peroxide out of his ears. When the fizzing slows down, rinse his ears with warm water and dry them thoroughly with wads of cotton or soft paper towel. It is all right to use cotton-tipped swabs to remove wax particles, but be careful not to shove the wax any deeper into the ear.

Of course, you should be on the lookout for redness, soreness, a foul odor from the ears, or head shaking. These are signs that your dog could have an ear infection, and they call for the advice of your veterinarian.

Matter in the eyes should be washed out with warm water rather than boric acid. Dab the eyes dry with cotton. Be sure to remove any material that drips from the inner corners of the eyes onto the face. If the substance dries and hardens, it can cause irritation and even loss of hair. This collected matter can also cause a dark stain, so be extra meticulous if your dog is a light color and you don't want dark rings under his eyes.

Toenails and teeth

Dogs who get the chance to run on hard surfaces like concrete wear their toenails down naturally. But indoor or yard-confined dogs should have their nails clipped every other month, or whenever the nails click on the floor.

Invest in nail clippers especially made for dogs; human clippers don't conform to canine nail shape and may pinch. Steady your dog's foot with one hand and clip with the other. You can see the pink quick through the walls of a white nail; clip almost to the tip of it. Dark nails are a little trickier, but if you do a little at a time, you will be less likely to take a big chunk out of the quick. If you do go too deep and the quick starts to bleed, press a styptic pencil against the nail until the bleeding stops. To finish the job, file any rough edges with an emery board or nail file.

Start giving your dog pedicures when he is still a puppy so that you can teach him to hold still. Nails can get tough if allowed to get too long. An every-other-month pedicure is infinitely easier than a once-a-year battle with toenails that are long and tough. Another reason for frequent pedicures is that the quick of the nail grows with the nail; this makes it hard to clip overgrown nails to their proper length without cutting the quick. With practice, you should be able to clip your dog's nails without hurting him. And once he sees that you are reliable with the clippers, he is more likely to cooperate.

Tartar usually begins to collect on a dog's teeth when he's about five years old. This gray-brown deposit is unsightly, and it's also the most common cause of canine halitosis. You probably won't be able to remove the tartar yourself unless you know how to use dental instruments and have an exceptionally well-behaved dog. Veterinarians, in fact, usually give an anesthetic when scaling away the tartar. You can help prevent tartar buildup by feeding your dog crunchy food, or letting him chew on rawhide toys, biscuits, or an occasional large, uncooked soup bone.

There is no doubt that a dog feels better after a thorough grooming but he may act up when you begin pulling at a mat or clipping his nails. Be firm and don't let him get away with squirming or, worse, nipping. A sharp swat will usually get his attention; or use whatever method you have for discipline. You don't want him to think he can get out of grooming at his whim, but on the other hand, you don't want him to dread it. So, after you've reprimanded him, go back to what you were doing, only be particularly gentle and quick—even if that means you can't finish the job. Now go to something he enjoys, like belly-rubbing. After he has relaxed once again you will hopefully be able to finish without provoking an out and out fight.

The first couple of times that you groom your dog, you probably won't be able to do as thorough a job as you'd like. But don't worry about it. It is more important for the dog to learn to cooperate than for you to get perfect results the first time around.

gins on page 58

he stripped-own look

or cushions page 58
two 28-inch squares from ching or contrasting upholy or other heavy textured fab- Pin squares right sides toher and stitch around three s. Turn and fill with shredded n or polyester stuffing. Blindch fourth side closed.

nner page 58
terials: 26x84-inch piece of vy fabric or felt (we used tian cotton); 1½ yards heavyght iron-on interfacing (not essary for felt); 6 yards ironhem tape; compass. Finished 24x82 inches.
Lay fabric or felt piece face n on floor so you can draw les on the back. Use compass raw a 12-inch-diameter circle center of fabric. Draw two e circles three inches above below center circle. If you using felt, proceed to step 3. Cut three 13-inch-diameter les from interfacing. Cover h circle on back of fabric h an interfacing circle (it uld extend around edges one h) and bond with iron using appropriate setting for your ric.
Starting inside circle, *carefully* it out of fabric (interfacing uld prevent the edges from ying).
Turn outside edges of banner er one inch and hem with n-on hem tape.

ke pillow page 62
Cut a strip of sheeting 27 hes wide and about 90 inches g, or the length of sheet.
Leave the deep hemmed end sheet as is; turn the narrow mmed end under four inches stitch down.
With right sides together, fold p into a tube and stitch closed, inch in from the edge and in ¼ inch in from edge, for forcement. Press seam open.
Roll a sheet of polyester quilt ting (approximately 81x96 hes) into an 81-inch-long tube, ut 25 inches in diameter.
Turn fabric tube partially right out, and slip one end of batg roll into fabric casing. Conue to turn casing right side out, ling it up over the batting as ou were stuffing a sausage. en fabric casing is stuffed, her each end of the casing us- a double strand of strong ead about four inches in from h end. Gather tightly and tie Conceal gathers with 1½x inch ties cut and sewn out of excess sheeting and tied in decorative bows.

Pillow shams page 62
1. For each sham, cut a 19x57-inch piece of sheeting.
2. Turn edges of each end under about ½ inch and machine stitch down.
3. With right sides together, fold strip in thirds, with ends overlapping 3 inches in center. Pin outside edges together. Stitch sham around all four sides using ½-inch seams.
4. Turn sham right side out, trim corners, and press. Pillow will slip easily in and out of sham through back opening. ■

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Good Housekeeping

Great games for any size lot

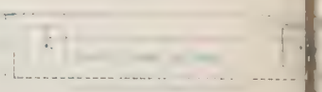
Homebound this summer? Don't let that limit the amount of time you spend outside. After all, your lot is a piece of the outdoors you can use any way you wish. Space for rest and relaxation are in order. But, if yours is an active family, you'll want to make some provisions for play, too.

Fortunately, even a small lot can make room for some games. Look for a square of grass in the backyard, a stretch of drive, or a blacktop turnaround that could do double duty as play space for your family.

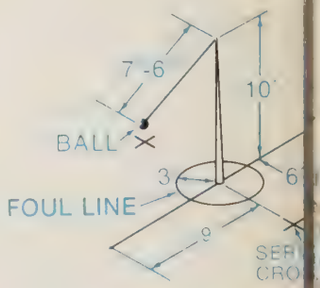
To help you plan, we've outlined seven outdoor games. The space requirements indicated on the drawings aren't ironclad. Instructions with each of the court-game sets usually give small-space variations. Using our diagrams as reference, you can tailor each of the games to the space you have available on your lot.



Shuffleboard. You'll need a paved surface for this game—a smooth and level section of a drivew works fine. Paint the mark buy the inexpensive equipm and you'll be in the shuffleb business. Two or four people play at a time.



Horseshoes. There are many v ations of this game from ba yard style to the sport played serious tournaments. Be prepa for two sandpits in grass arou stakes. Move stakes closer, if n essary, for the children.



Tetherball. Cramped for spa Here's an active game that fits most anywhere, and on any s face, concrete or grass. Check to the different equipment th available. There are two versi of this game. Several people play at the same time.



Croquet. This diagram, especi ly, shows ideal conditions. Do let the long length discourage y from croquet. It's been played shorter fields by far. A level a of open lawn is needed; for t to six players.

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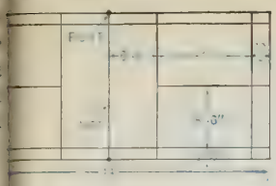
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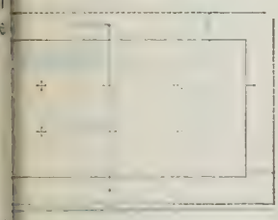
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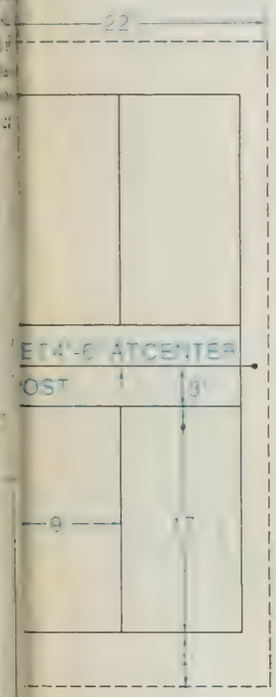
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nton. Doubles or singles y this racket game, an all- ckyard favorite. The net taken down when not in be official, mark bound- es with agricultural lime; om watering can.



all. Standard game is a person, two-team setup. al backyard practice, it be- n come-one, come-all af- takes a level lawn and sizable chunk of space, good family fun.



nnis. Two players or as s 16, young or old, can is shipboard favorite. The ent you need: two posts, nd a rubber ring. All are sive. Play on a level lawn d area.

re. To help grass recover uffing and bruising, feed y—once every six to eeks would not be too Don't cut the grass shorter inches unless the game a shorter lawn. And se lawn courts when wet.

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Buying Guide

For your convenience, we list names and addresses of manufacturers of most of the products pictured in each month's issue. This month, see page 139 for this shopping information.

HOUSEPLANT HOW-TO

Amaryllis follow-up

Remember how beautiful the flowers were? The aftermath is something else: an unmanageable mass of green foliage that takes up too much room, crowding other plants or concealing them.

The solution is easy. Just tie the foliage up to a stake. Growing on the vertical won't hurt the plant at all. And you'll free at least a foot of space on either side of the pot to put something else in—or relieve the congestion of pots. Do this if you keep your amaryllis indoors.

If you have ground outdoors, the solution is also easy. Select a spot that gets only morning or all-day filtered sun—under a loosely branched shrub, for example. Dig a hole to accommodate your plant. Knock it out of the pot and set the plant a bit deeper than it was growing in the pot. In other words, let only the neck—not half the bulb—stick up above the soil line. Feed with a soluble fertilizer (just this once) and water only when there's been no rain and soil is really dry.

The next job won't be until frost threatens. Then dig up the bulb, shake off soil, put in a dry, warm place, and let the foliage yellow and shrivel. Cut off the dead leaves and store the bulb in vermiculite until repotting time in late winter.

If your amaryllis bloomed for Christmas, don't expect such timing again. You'll have to wait until spring.



Photographs: William Hopkins

A very special fern

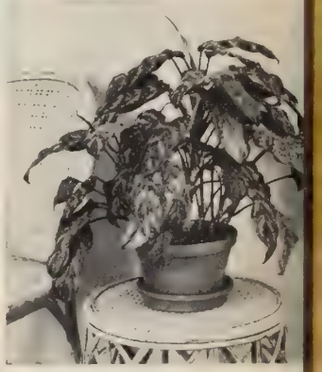
If you don't object to giving a plant a little extra care, try a staghorn fern.

What's the extra care? The watering. Unlike other ferns, this one doesn't grow in moisture-retaining soil. Its roots need a lo medium like sphagnum or munda. Loose means porous porous means that the water right through. You must h the plant because it grows sideways from a board (sub tuting for the tree trunk vided by nature).

The best location for easy tering is a bathroom or kitch Wherever you hang a stagh you must douse it periodicall a sink or in the shower and h the plant where the drip w make a mess.

The protruding forked fro are the fertile ones. When irre lar patterns of brown form the undersides of the tips, d worry. These are the spores, a disease. When these fronds low and shrivel, it's best to them off.

The roundish green areas the base of the forked fronds the sterile fronds. They, too, turn brown, but don't rem them. In nature, they serve catch food that drips down tree trunk. In cultivation, t help to retain moisture and f and, this is important, they h the whole plant together.



Undemanding Chinese evergre

You probably know green-lea Chinese evergreen. This va gated form is equally tough.

The plant shown has been ting on a file case in our office three years, five or six feet f the nearest overhead fluores light. Before that, the plant on a coffee table on the oppo side of the room from the w dow. We water the plant two three times a week but have n er fed it. It has been repo once and currently needs it ag Try this form of Chinese e green. Just don't pamper it.

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GARDENING IN JUNE

Spring and summer merge during June, giving gardeners two-season rewards. Late peonies and iris beautify the first weeks, then give way to the riot of roses that marks the beginning of summer. With the weather good more often than not, you can count on time to tend the border, set out new plants, or start an outdoor project you've planned.

Watch mums and asters

Chrysanthemums and asters perform better when their growing tips are pinched back early in the season. Nip the soft tip growth from each young plant when it reaches six inches, and again when resulting branches have grown another five or six inches. Pinching forces young plants with only single stems to branch, and the more branches there are, the more flowers.

Stake tall varieties of chrysanthemums and asters when they're 12 inches high and tie up plants as they grow. Plants in bloom will need firm support because of the number and weight of the flowers.

Plant an annual vine for a great first-year effect

A fast-growing annual vine can solve the problem of a stark fence, screen, or trellis in a hurry. Sow the seeds now, and expect lush foliage and flowers in just a few weeks.

The standby of annual vines—morning-glories—will give you some surprises when you check your choices. Heavenly Blue, the well-known favorite, now is joined by the Early Call varieties—pick a deep violet-blue or a rich rose; both have creamy white throats. Pearly Gates has huge white blooms. All morning-glories flower continuously from July till frost.

If you need quick screening and dense foliage, plant hyacinth bean. It will surge ten feet up a trellis in just a few weeks. The foliage is veined with red; long stems carry violet, purple, or white flowers. After a long summer of bloom, seedpods form. Plant in full sun, six seeds in every hill. Space the hills 12 inches apart to assure the dense growth you want for privacy.

Brown-centered yellow flowers dot the black-eyed Susan vine. Use it as a climber, a trailing ground cover, or start seeds to fill a window box with co

If you like the jewel-tone ors of nasturtiums, try the cli ing variety. The flowers are as good for cutting as those dwarf nasturtiums.

Summer help for shrubs

Drought and heat seldom older, well-established shr but can seriously affect new o You can encourage strength old and young shrubs alike w a little extra attention now. I low these three easy steps:

• *Cultivate the soil aro shrubs,* removing weeds and g and breaking the crust of the s Spread a balanced plant food a broad band around the per eter of each shrub. This feed will be helpful even if you shrubs earlier in the spring. ter after feeding to carry nutrients down to the roots. the hose run until soil thoroughly soaked.

• *Water shrubs regularly* wh ever the top four to five inche soil dries out. Actual freque depends on rainfall, but o every two or three weeks is u ally sufficient during the summer months.

• *Mulch the base of each of y shrubs,* if you live in a dry a or where water supplies are sh Use ground corncobs, straw, wood chips. The mulches will reduce regrowth of weeds help hold moisture.

A tree can grow in a terrace

Often a terrace or patio is b around an existing tree, o planting pocket is left when new tree is to be set out. So new hard-surface outdoor a is part of your summer plan tree may be an important par the design.

Trees can stay healthy gr ing in a terrace, but you hav take the tree's needs into c sideration at construction t unless you're using sand-ba paving. Unmortared brick is more barrier to the movemen air and water than a carpet grass or a flower bed.

Tree roots need a cons supply of water and air which blocked by any solid pav Here's how to avoid trouble:

• *When preparing a ter planting pocket for a new t* try to place it to a side or a ner of the area to be paved some of the roots can grow

ond the hard-surface section as he tree matures.

Roots do not grow toward wa-er, food, or anything else. They o grow faster where conditions re favorable. Roots under a slab vill grow very slowly, but once hey penetrate to the moist soil eyond, they'll quickly resume heir normal growth rate.



awings: Graphic Corporation

A terrace planting pocket should e at least three feet across—ny less would seriously restrict he flow of air and moisture. Ex-avate at least two feet deep and efill with rich loam; if possible, dd organic matter such as com-ost. Spread a complete tree food ver the area to be paved, apply-ng it at twice the recommended ate for normal feeding. Soak vith water.

When the terrace is laid on a hree- to five-inch pad of rock or oarse gravel, air can move hrough this loose layer and reach he tree roots.

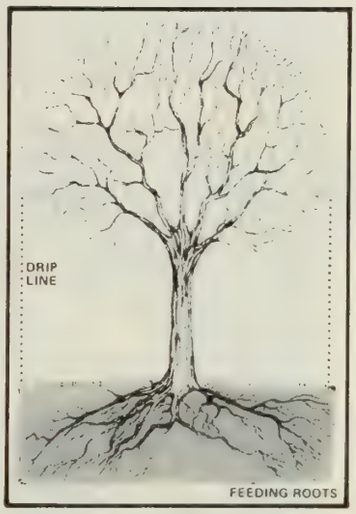
There is no way to cover the oots of an established tree with-ut changing the normal air and noisture relationship. But you an help the tree adjust.

Before paving, remove all the od from the area. Apply a tree ood at double the recommended ate. Apply an inch of water on wo separate occasions.

Don't plan on paving within wo feet of the trunk. This isn't o protect the trunk, but to offer larger surface for the exchange f air with the root zone.

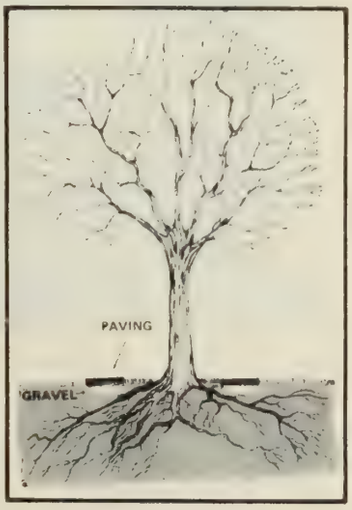
The important feeder roots of nost trees are in a band about ne to two feet thick, just a few nches belowground.

If you excavate into this band f roots to maintain the grade or ower it, you will destroy a large roportion of the roots which upply water and nutrients, and he tree may be damaged beyond ecovery. The feeding roots usu-lly extend even with the drip ine of the tree.



The drip line of the tree forms a circle that lines up roughly with the circumference of tree's branches. You can expect feeder roots anywhere within this area, often even beyond it.

When you pave over a root area, it's essential that you disturb the original grade as little as possible. Let the gravel layer, not the paving, align with the existing grade.



If the new terrace will be on a slope where an existing tree is growing, use a six- to eight-inch pad of coarse rock or gravel immediately over the original grade. If more than two feet of fill is required, get the advice of a tree maintenance firm or check with a landscape architect. A specialist can best evaluate whether a deeper fill will ruin the tree's chance of survival; he might suggest alternate ways to proceed. You may decide it's best to change the location you planned for your terrace. ■

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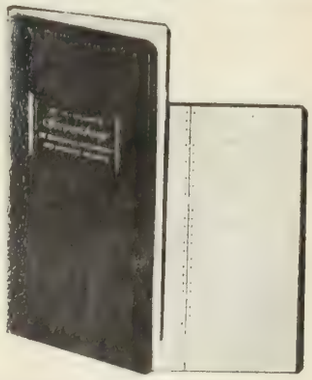
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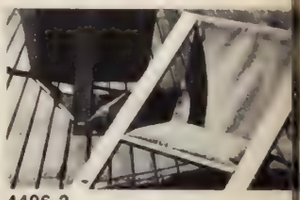
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Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

SEE-THROUGH SETTINGS
Page 30 (left): "Venetian Scroll" flatware—Oneida Ltd. Silversmiths, Oneida, N.Y. 13421. "Patina" place mat—H. J. Stotter Inc., 225 5th Avenue, N.Y., N.Y. 10010. (Right): "Tempo" place mat—H. J. Stotter, Inc., 225 5th Ave., N.Y., N.Y. 10010. Candelabra—Faroy, Inc., P.O. Box 36446, Houston, Texas 77036.

CAST IRON COOKING
Page 31: Cup, saucer, plate—Bonniers, Inc., 605 Madison Ave., N.Y., N.Y. 10021. "Duo" fork—Rosenthal, 411 E. 76th St., N.Y., N.Y. 10021.

FIND FUN IN YOUR OWN BACKYARD
Page 34 (middle right): Slide—Gym-Dandy, Inc., Gabriel Ind., Inc., 415 Hamilton Rd., Bossier City, La. 71010.
Page 37 (top right): All furniture—Knoll International, 320 Park Ave., N.Y., N.Y. 10022. Plastic dishes—Heller Designs, Inc., Mamaroneck, N.Y. 10543. (Middle right): Parsons table—Syroco, Div. of Dart Ind., Inc., Syracuse, N.Y. 13201. Glasses—Libbey Glass Co., Div. of Owens-Ill. Glass Co., 405 Madison Ave., Toledo, Ohio 43604. (Bottom right): Chaise longue—Gen. Housewares Corp., Leisure Products Group, 64 Perimeter Center, Suite 700, E., N.E. Atlanta, Ga. 30346. Directors chairs—Telescope Folding Furniture Co., Granville, N.Y. 12832.
Page 38 (left): Outdoor Furniture—Directional Ind., Inc., 979 Third Ave., N.Y., N.Y. 10022. (Bottom right): Deck chairs and glass-top table—Brown-Jordan Co., 9860 Gidley St., El Monte, Calif. 91734.
Page 40 (top left): Chair—Knoll International, 320 Park Ave., N.Y., N.Y. 10022. (Bottom left): Tabletop fabric by Marimekko available at Design Research, 57 Brattle St., Cambridge, Mass. 02138.

THE STRIPPED DOWN LOOK
Page 58 (left): Bench—Henredon Furniture Ind., Morganton, N.C. 28655. Side chair—Sears, Roebuck and Co., Sears Tower, Chicago, Ill. 60684. (Right): Flooring—Armstrong Cork Co., Lancaster, Pa. 17604. Coffee table—SGI, Inc., 2000 W. Fulton St., Chicago, Ill. 60612. Window shades—Del Mar Co., P.O. Box 6208, Athens, Ga. 30604. Flower container—Beylerian Ltd., 253 Fifth Ave., N.Y., N.Y. 10016. Wall-mounted lamps—Nessen Lamps Inc., 3200 Jerome Ave., Bronx, N.Y. 10468.
Page 60: Lamps—Luxo Lamp Corp., Port Chester, N.Y. 10573.
Page 61 (right): Chairs by Jo Colombo—Hank Lowenstein, Inc., 3105 S.W. 2nd Ave., Ft. Lauderdale, Fla. 33315.
Page 62 (left): Bedspread—Martex, 111 W. 40th St., N.Y., N.Y. 10018. (Right): Sheets and pillow fabric—Martex, 111 W. 40th St., N.Y., N.Y. 10018. Lamp—Koch & Lowy Inc., 11-11 40th Ave., Long Island City, N.Y. 11101.

EXTRAORDINARY SETTINGS AT ORDINARY PRICES
Page 68: Victorian Sampler and
Page 70: Classic Contemporary—All merchandise from selected JCPenney® stores. If not available write to: JCPenney®, Customer Service, 1301 Ave. of the Americas, N.Y., N.Y. 10019.
Page 69 (top): Tudor Trimmings—All merchandise from selected Sears stores or catalog. If not available write to: Sears, Roebuck and Co., Dept. 703, Sears Tower, Chicago, Ill. 60684. (Lower): Centennial Setting—All merchandise from selected Montgomery Ward stores or catalog. If not available write to: Montgomery Ward, H. D. Farrar, E-6 P.O. Box 8339, Chicago, Ill. 60680.

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Page 71: Country French—All merchandise from Woolco and selected Woolworth stores. If not available write to: F. W. Woolworth Co., Dept. 220, 233 Broadway, N.Y., N.Y. 10007.

MAKE A MEAL SPECIAL WITH SAUCES
Page 72 (bottom): Casserole—Dansk, Radio Circle Rd., Mt. Kisco, N.Y. 10549. Plate—Lenox, Inc., Prince and Meade, Trenton, N.J. 08605.
Page 73 (top): Butter dish—Mikasa, 25 Enterprise Ave., Secaucus, N.J. 07094. (Bottom): Plate—Dansk.
Page 74 (bottom left): Casserole—Denby, 4688 Paddock Rd., Cincinnati, Ohio 45229.
Page 75 (bottom left): Platter—B.I.A. Cordon Bleu, Inc., 225 5th Ave., N.Y., N.Y. 10010. (Bottom right): Board—Gladmark, Inc., 8831 Bradley Ave., Sun Valley, Calif. 91352.
Page 76 (bottom left): Platter, plate—Denby.
Page 77 (top left): Cruet set—Barman International Co., 225 5th Ave., N.Y., N.Y. 10010. (Bottom left): Salad bowl—Den Permanente, 225 5th Ave., Rm. 347, N.Y., N.Y. 10010. Plate—Iroquois China Corp., Syracuse, N.Y. 13209. (Bottom right): Plate—H. E. Lauffer Co., Inc., 225 5th Ave., N.Y., N.Y. 10010.
Page 78 (bottom right): Plate—Fostoria Glass Co., 1200 First St., Moundsville, W. Va. 26041.
Page 79 (bottom right): Plate—Fostoria.

PRIZE TESTED RECIPES
Page 87 (left): Cups—Oneida Ltd. Silversmiths, Oneida, N.Y. 13421. Plate—Wilton Armetale, 18th & Franklin St., Columbia, Pa. 17512. (Right): "Mocha" bowl—Blue Mountain Pottery, Div. Intn'l Silver Co. of Canada.
Page 88 (bottom left): Platter—Ceramar, Inc., 225 5th Ave., N.Y., N.Y. 10010. Server—Ginori, 711 5th Ave., N.Y., N.Y. 10022. (Bottom right): Liners—Plummer-McCutcheon, 145 E. 57th St. N.Y., N.Y. 10022.

COOKING WITH SEEDS
Page 90 (middle): Butter dish—Metlox Manuf. Co., Poppytrail Artware Div., 527 W. 7th St., Los Angeles, Calif. 90266.

MINIATURE CAKES
Page 98 (top): Sauce dishes—Plummer-McCutcheon, 145 E. 57th St., N.Y., N.Y. 10022. Plates—Wallace Silversmiths, Wallingford, Conn. 06492.

SOY SAVVY
Page 99: Tray—Byrd Plastic, Inc., 2953 W. 12th St., Erie, Pa. 16505.

SURPRISING "SUNCHOKES"
Page 106 (bottom): Potato peeler—Ekco Housewares Co., 9234 W. Belmont Ave., Franklin Park, Ill. 60131.

SUMMER COOLERS
Page 113 (middle): Glasses—Lenox, Inc., Prince & Meade, Trenton, N.J. 08605. (Bottom): Glasses—Corning Glass Works, Corning, N.Y. 14830.

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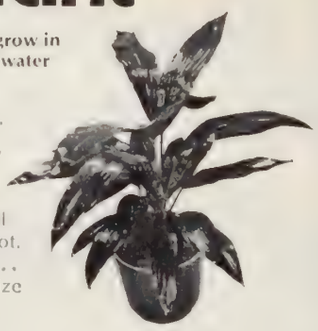
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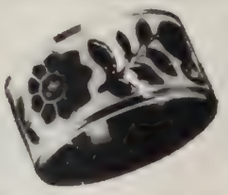
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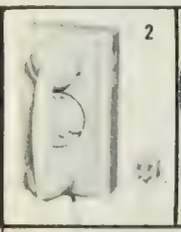
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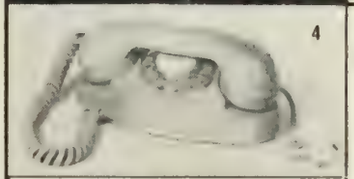
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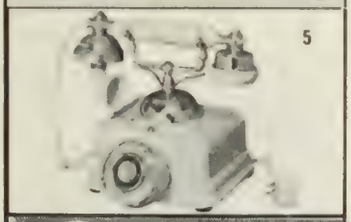
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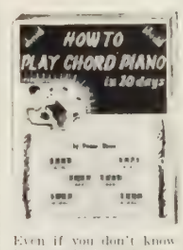


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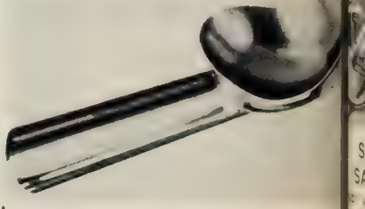


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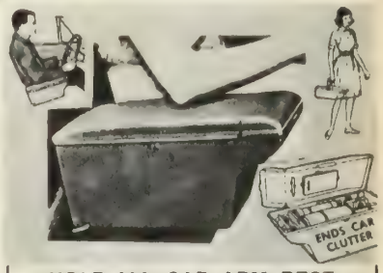
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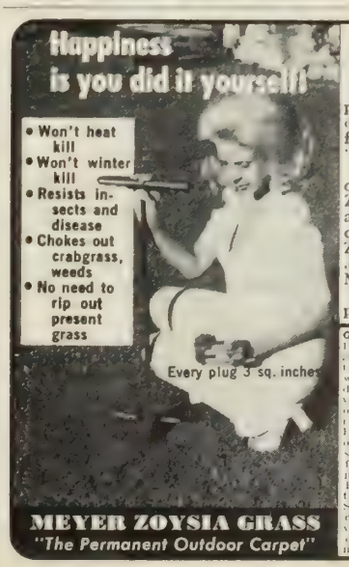


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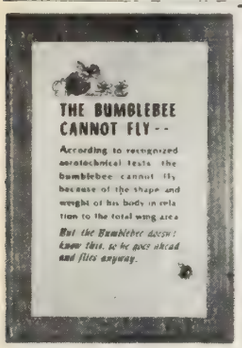
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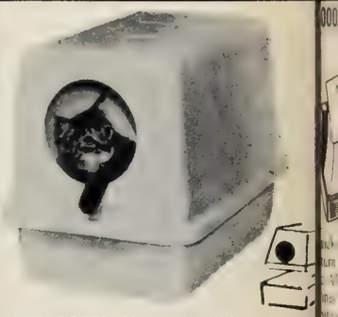
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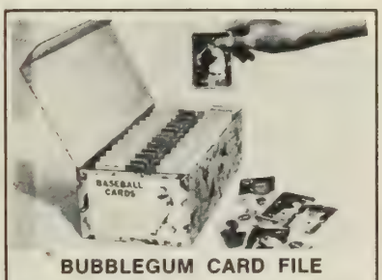
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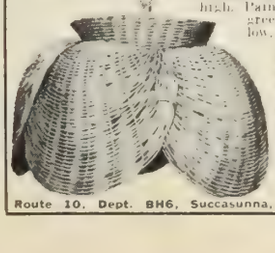
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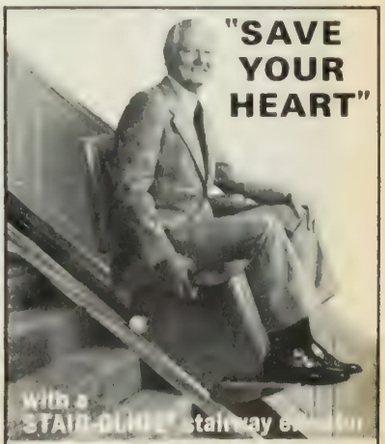
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New Craft Kits

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Stitch This Thoughtful Sampler This inspiring design is a perfect reminder of the blessings we enjoy. It's something you'll be proud of no matter where you display it. And you'll receive many compliments on its beauty and thoughtfulness. Kit includes design stamped on superb linen fabric, embroidery threads and complete, easy to follow instructions. Sampler fits inside our 10″ x 22″ beautiful wood frame (like the one shown). Make one for yourself and one for a gift. No. 00327 Give Us This Day $3.49, 2/$6.49 No. 00095 Frame 10″ x 22″ $7.49 No. 00007 Comb. Kit and Frame $9.99, 2/$18.99



Framed 3-D Mushrooms Create these unique plaques in just 3 easy steps. They'll add real dimension to any wall. This old craft of relief decoupage brought up to date is fun to do. And your friends will marvel at your handiwork. Kit includes two prints, burlap backing, dried flowers, floral clay, balsa wood glue, antique gold finished 4″ x 5″ frames (unassembled), hangers and complete instructions. No. 11106 Mushroom Dimensionals $7.95 a set, 2/$14.95

Please send me the following:

- ☐ Give Us This Day, No. 00327, $3.49, 2/$6.49
- ☐ Frame 10″ x 22″, No. 00095, $7.49
- ☐ Comb. Kit and Frame, No. 00007, $9.99, 2/$18.99
- ☐ Mushroom Dimensionals, No. 11106, $7.95 a set, 2/$14.95

Please include postage and handling:	
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From $5.01 to $10	add $1.00
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Dept. 2FC, Box 374,
Des Moines, Iowa 50336

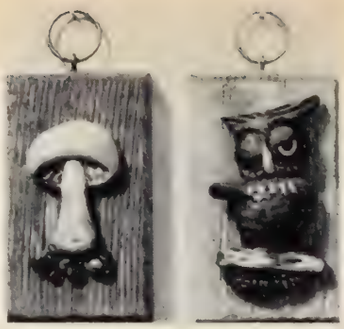
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Our Guarantee: Money back if not completely satisfied!



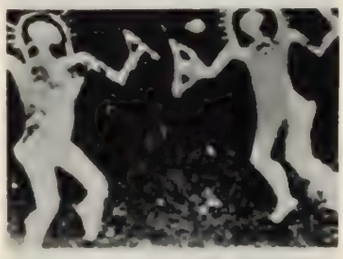
Mushroom & owl plaques

Enhance your kitchen, family roo den etc. with these delightful de rative plaques. They're ha painted ceramic on brushed su pine and 2½″ x 4″ (both are same size). Enjoy them yourself use them as a gift. $2.95 each, b for $5.45 postpaid. Order style 1A Mushroom, style 1AO Owl. Sp Engineering, 3090 Spear Buildi Colorado Springs, Colorado 809



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HOLIDAY GIFTS

Dept. 406-E, Wheat Ridge, Colorado 80033

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FAMILY TREE CHART

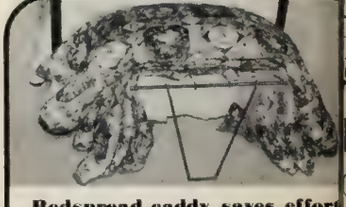
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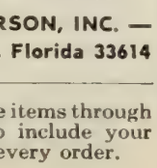
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pet lovers

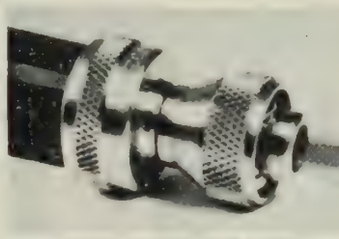
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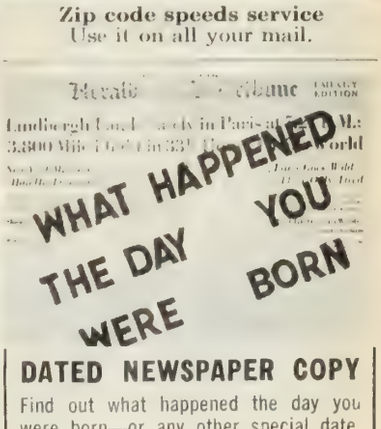
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Dept. 406-G, Wheat Ridge, Colorado 80033

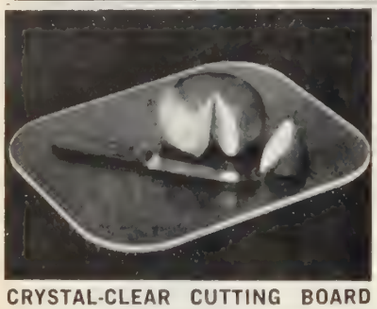


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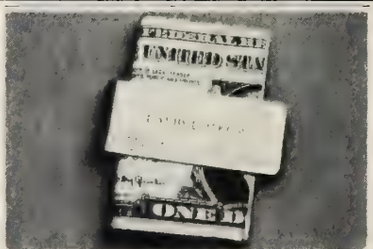
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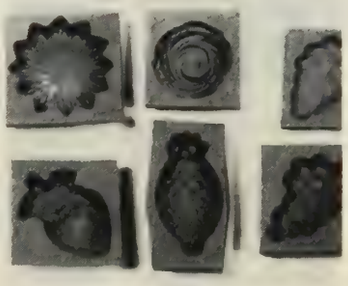
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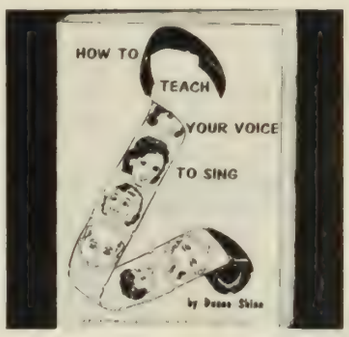
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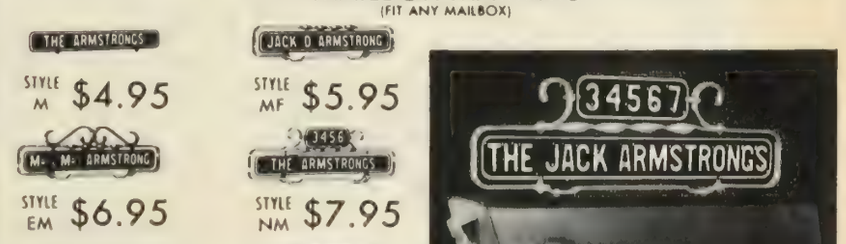
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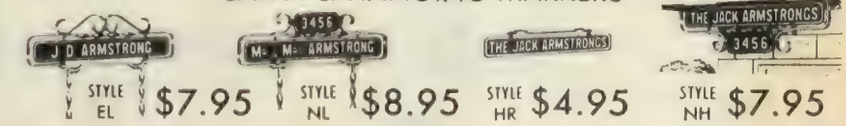
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The man next door

Uncle Dodd Buckner says we're a strange bunch, trying to cool our homes down to a temperature we complained about all winter as being too cold.

Rosemary says a philosophic way to look at our shortages is that if we get any more of them we'll have a chance to relive those good old days we've heard so much about.

Pretty Peg Bayless says she is going to start driving a taxicab. She is convinced that whenever an interesting and eligible man comes to town he is claimed by somebody on his way in from the airport.

My wife, the lovely Christine, takes a rather tentative approach to old family recipes. She says a lot depends on what sort of old family they come from.

Ned Willoughby says that since he gave up the executive rat race at the corporation and retired he no longer has an ulcer. But his wife, Marjorie, has developed a dandy one.

Bill Norman, with a large tribe of relatives who like to visit, is pessimistic about this summer. Even if not as many kin will have the gasoline to make the trip, he predicts those who do will stay longer.

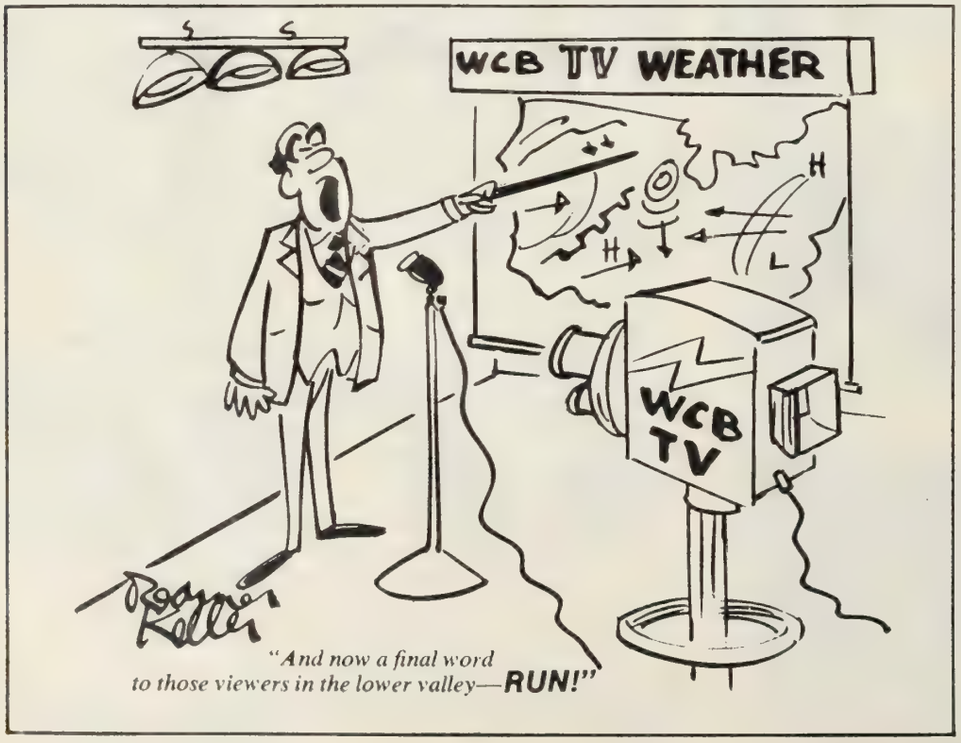
I am one who believes the sexes are mentally equal, with perhaps a slight edge to the women. The mind that can follow the intricate plot of a soap opera is fully competent to run the world.



"Remember this, my child. The world is always in the biggest mess it's ever been in."

The old-fashioned family picnic menu becomes a little more complicated now that everybody has his own diet: for example, we have diets to gain weight, lose it, clear up the complexion, or bring down the blood pressure.

Diana James, who has been taking my dictation for years, is leaving. She wonders where I will find a replacement who can tell which of my mumbles should go into the letter—and which are merely addressed to the world at large.



*"And now a final word to those viewers in the lower valley—***RUN!"**

When police or fire sirens sound in our neighborhood they have almost as powerful and instantaneous an effect on me as the ice cream man's bell has on the kids.

Maybe grandmother had more time to cook because she didn't have to spend so much time reading the list of ingredients on the label.

Charlie Weiss has discovered a barbecuing marinade which is not only great on the hamburgers but, he claims, wonderful for getting the fire started.

Burt, Jr., thinks he might have a good shot at being the starting shortstop on his summer league team, since his chief competitor is an elderly guy of 15.

We have curtailed our usual extensive (and expensive and sometimes nerve-racking) family automobile trip this summer.

Instead of traveling, we're pretending that we are tourists in our own home town. We even carry cameras and take pictures.

For several years, as a member of the tourism committee of our chamber of commerce, I tried to persuade people from all over the country to pay us a visit. But in all the time I was helping, however modestly, to sell our city with its surrounding countryside to strangers, my family and I never really explored it ourselves.

There were parts of town I hadn't seen since I was a boy, and it was fun to rediscover them. We browsed through little stores and came home laden with spices and cheeses and sausages the very names of which were in themselves a tour of the world. We took a look at how our town makes a living, from a steel mill to a one-man pottery studio. We stopped and paid our dollar a head to go inside historic homes we had always intended to visit.

We have plans for the rest of our vacation. There are county fairs, sidewalk art exhibits, dramas in barn playhouses, Civil War battle sites, and small-town inns rumored to serve wonderful fried chicken, all of which we have ignored because they weren't at least a day's drive away.

To cap it off, we are planning a long weekend at our town's fancy new hotel, which has a rooftop restaurant, tennis courts, swimming pools, spectacular landscaping, and all within two miles—instead of 500—of our front door.

We are going to send postcards to everybody in the neighborhood. ■

Burton Hillis

